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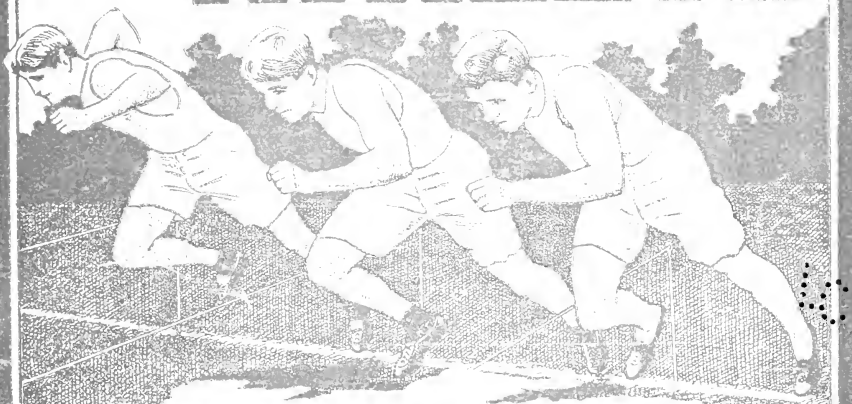

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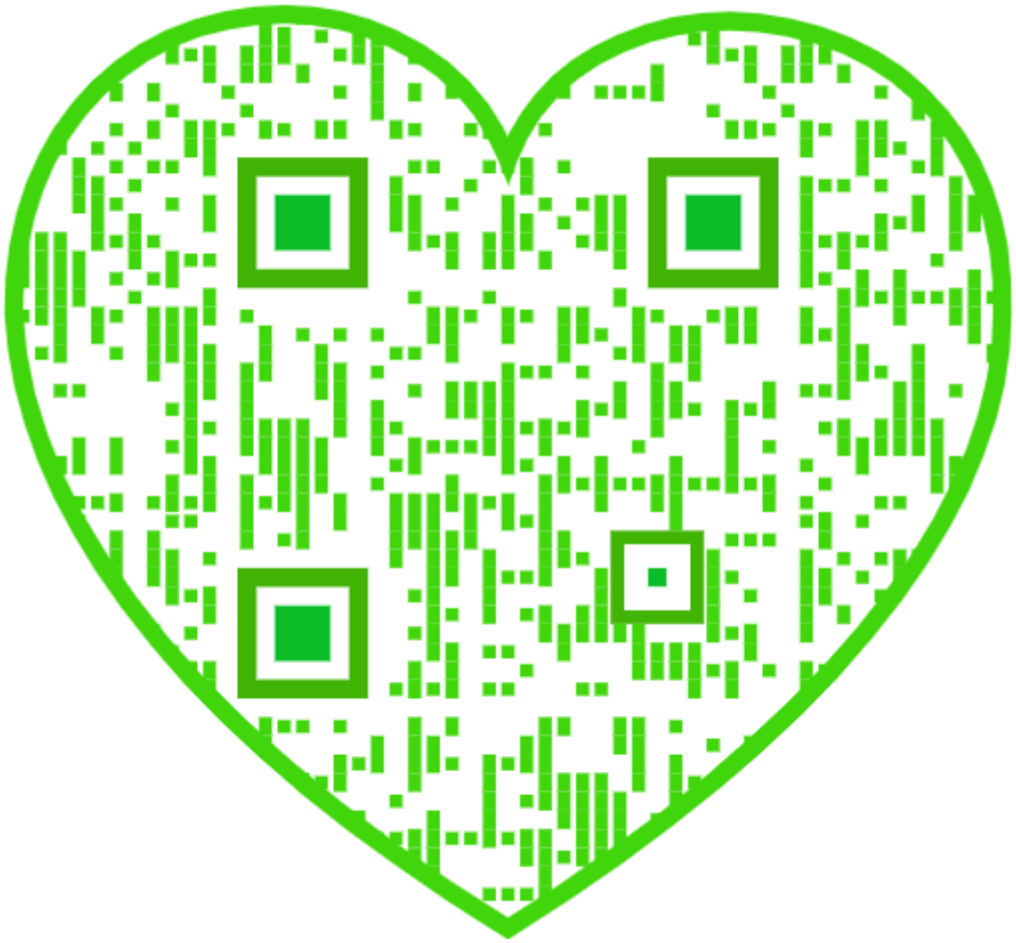

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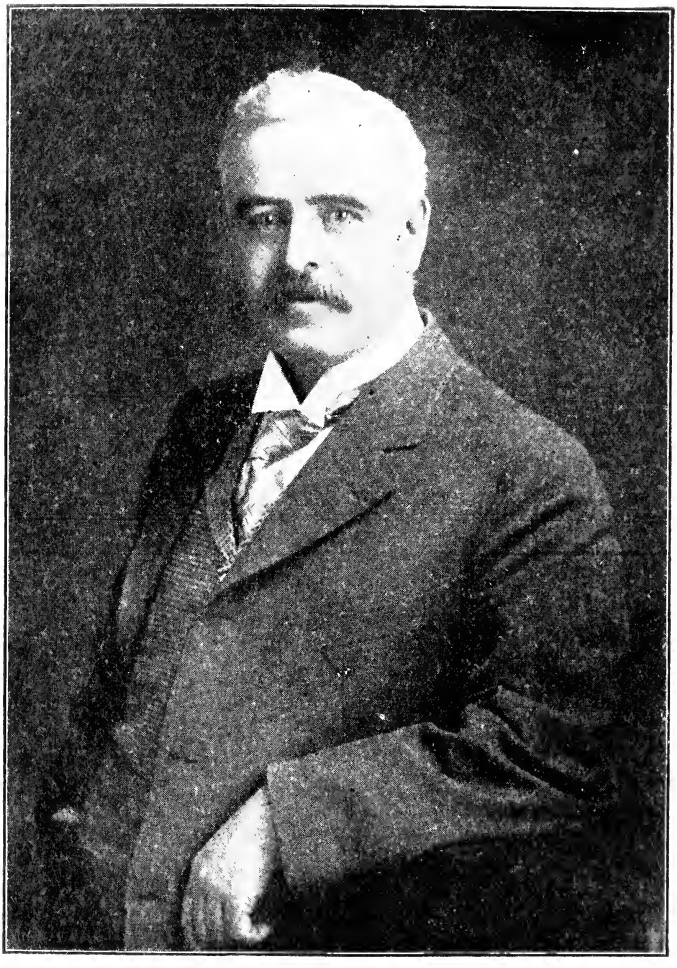

JAMES E. SULLIVAN,

Secretary American Committee, Sixth Olympic Games; Secretary of the Amateur Athletic Union of the United States; Director of Athletics, Panama-Pacific International Exposition, San Francisco, Cal.

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No 1

Introduction

It will be the purpose of these pages to give an insight as to the best and easiest methods of becoming versed in the various pastimes, as well as such matters can be learned from a book and if followed by practice along the lines suggested.

Some boys are natural born performers and achieve results at any named sport with such great ease that the lad to whom such matters come hard is sometimes discouraged, and feels called upon to give over his inclination to become as good as the other fellow. To such we would say, show your stick-to-it-ive-ness to the end of shaping a strong, never-say-die character which will be helpful in after life, if it doesn't aid in making an athlete.

If it develops that you have ability, it is a good thing to be conscious of it, but not to the end of showing possession of the "big head," that most dangerous condition prevalent among athletes. To know of one's ability without forcing the knowledge on opponents greatly aids an athlete's future, and helps to make him a good loser, and there's nothing more desired in track and field sport, aside from high-class performers and winners, than good losers; fellows who come up smiling and are always ready to learn to improve.

The question has often been put to me: "At what age should a boy take up athletics?"

The answer is: As play, at almost any age—the earlier the better—but at first as play and with no set ideas of following the training rules of any game.

Right at the outset I want to point out that many boys who had to me all the earmarks of prospective champions have been ruined—athletically—by being put to tasks which were far beyond their powers too early in their careers.

Long before they had learned to do things of an athletic nature as a matter of course and in a manner perfectly easy and natural to them, they have been set to running trials against a watch with a given time the object.

If they did the performance asked for, an even greater task would be suggested. If they failed they were continued at the task with failure the usual result, so that right at the beginning of many careers boys have been discouraged by being asked to do too much.

In the hands of many men a timing watch is a dangerous thing. If, as is usually the case, time too fast is returned as the result of a trial, and the athlete enters a contest because he feels he has a chance on account of it and is beaten in slower time, he often becomes discouraged.

On the other hand if he is "clocked" slow he similarly loses heart and is guided to a decision to quit the "game." Therefore, my advice to young athletes is, don't become inoculated with the "time trial bug;" rather match your pace against your fellows and don't worry about time. Beat your man. That will win more prizes than "beating" a watch.

The desire to do fast time on the part of an athlete before he has really learned the proper style of running is wrong. He should perfect himself in a style which should be like second nature to him, and of such a type that he shouldn't have to think whether it's right or not.

The same thing applies to any game in the line of track and field athletics. Once the athlete has mastered form, the most needed factor aside from ability in the making of an athlete, he will be in line "to do things," and he will find such pleasure in the doing that is not in the make-up of the lad who has not mastered the all important detail.

Athletics

"Athletics" is a term used when referring to athletic events that are held on track and field—both indoor and outdoor—and comprise Running, Walking, Hurdling, Jumping of all kinds and Weight Throwing.

It is claimed by some experts that athletics comprise all forms of athletic activities, such as base ball, foot ball, rowing, tennis and any type of outdoor or indoor games that man enters into. But, nevertheless, "athletics,' the world over, applies only to track and field sports as enumerated above.

Children are naturally athletic, and soon after the boy is able to creep, he will walk, and soon after he starts to walk, he will run. Therefore, at an early age he becomes athletic, and it is always wise to take hold of the boy when he is at school.

From the age of ten to sixteen it is safe to start explaining to the boy how to do things in athletics, but never to train him as the expert is trained. Never allow him to sap his vitality by over-indulgence in competition. Let his early days in athletics be of the play type. Let him run short distances, throw the boy's javelin, the boy's discus, jump, make up relay teams and take part in the games, so that when he is old enough he will enter into the expert class and be familiar with the various activities.

There is probably no system in the world that is as near perfect as that of the Public Schools Athletic League, which conducts the after-school athletic activities of the boys in the public schools of the great City of New York, with its 800,000 or more school children.

In the Department of Education certain work is prescribed along athletic lines in the lower grades that makes the boys proficient in everything pertaining to running, jumping, shot putting and weight throwing of all kinds.

Another question often comes up: "What is the proper age for a boy to be scientifically trained?"

That has been a hard question to answer, because of the different types of boys we have at the same age.

Occasionally we have a boy at the age of sixteen that presents all the physical qualities of a man of twenty-one. And, on the other hand, we find boys at school at the age of nineteen or twenty who lack the physical qualities of other boys of fourteen or fifteen. Therefore, each group of boys at the school must be handled separately and individually.

I have always felt that it is detrimental to the boy's athletic career to have him scientifically trained before he has arrived at the age of eighteen. Prior to that his training should be simply of the play type.

Never allow the boys to be dieted, or, in other words, do not allow them to be all used up by the time they are old enough to enter the expert class and strive for athletic honors.

It is a matter of record that many wonderful schoolboys have been ruined by over-competition and too much training while at school, and usually we find that the expert schoolboy is not the expert in his prep school or college or in open club competition. Therefore, it is always good judgment not to allow a youngster to take part in any competition that will sap his energy.

Before becoming proficient or before entering into competition, one's health must be considered, and the first step is to have physical examination by one's family physician as to one's general health.

If your physician pronounces you in a healthy condition no danger will come from competing.

It is then one's duty to perfect his body for scientific training and that means that you must take light exercise at the start, walk plenty, use light dumb bells and light indian clubs and in that way bring your system to

a point where it can stand the strain of scientific training for hard races.

It is, of course, an important thing to watch out for one's diet. Eat only wholesome food. The old-time idea of training on a strict diet is now discarded by the world's best trainers and in its place on the training table is found only good, wholesome, digestible food.

As a matter of fact an athlete can eat anything of a wholesome nature that is provided for him at his home table, except that he must not over-indulge in food that is too fattening.

Eat plenty of wholesome roast beef, beef steaks and lamb chops, potatoes, bread, milk occasionally and plenty of water. Eat what you like and what is healthy.

Of course, liquors, wines or beers are absolutely of no value and should not be touched, and tobacco is detrimental to any athlete. No one should consider for a moment the smoking of cigarettes, cigars or pipe.

In other words, lead the "simple life"—an out-of-door life, and get plenty of sleep.

If one desires to excel, it requires plenty of perseverance and doggedness, which defeat cannot drive from him. Only faithful and persistent training will win for an athlete a place in the championship class.

While the world has some great sprinters I think it is one of the hardest competitions on an athlete, for the simple reason that it takes so long for a man to excel and he only excels after hard and constant training.

It is true we have had some men come to us natural born sprinters, but more of them have been made sprinters.

A boy who takes to sprinting, as in any other branch of track and field athletics, must develop a perfect body before he can become expert, and it is well for one to settle down months, and sometimes a year, in advance for his preliminary work.

The best method of training for weight throwing, and

under this head comes the hammer, shot, 56-lb. weight, discus and javelin, is actual indulgence in each particular event itself. The more frequently an athlete throws his favorite weight the more accustomed his muscles will become to the necessary rhythm and the quicker his brain will act in unison with the exertion of his body.

Of course, there is such a thing as overdoing these exercises and care must be taken that only the amount which induces improvement be allowed. One of the greatest evils of athletic training is staleness, and it can only be avoided by moderate amount of practice taken judiciously.

Until an athlete has mastered a smooth style at the weights he should never attempt to do his best. He should always remember that in throwing the hammer and 56-lb. weight the first turn should be very slow and the second and third as fast as his muscular power and activity permit.

In putting the shot, he should get the weight of his shoulder behind the final "heave-off."

The discus thrower must keep in mind to make the final sweep on the arm an uppercut instead of a downward cut, as is commonly seen in America.

The javelin should be thrown from the run and the final effort should be off the front leg with the body erect.

For years a fallacy prevailed among the old professional coaches that it was necessary for the weight thrower to do some running daily, and many a fine, promising performer had the life shaken out of him by advice of this kind. It never occurred to the old mentors that the exercise an athlete took with the weights gave his legs the required amount of work.

If a weight man should want to improve the springy action of his legs he will find it beneficial to work with a squad of sprinters practising starts, or do a little high jumping. A little rope skipping will be found to impart

more spring to an athlete's calves than if he ran his legs off. Walking is to be recommended to a weight thrower, but running—*never.*

While, in these days of advanced athletics, nearly every elementary school, public school, college and club have trainer's who go about their work along approved lines, it is nevertheless true that some of the greatest athletes we have ever had in America, and many of them record holders, were men who never received the slightest tuition from a professional trainer.

They became members of the smaller athletic clubs, and trained for the pleasure they could get out of athletics; read whatever books they could possibly get on the subject of athletics, and made their athletics play. This was particularly true of the members of clubs organized in the early eighties. Some of these clubs were made up of young working boys, who believed in athletics and took part in all competitions for the fun there was in it.

They trained intelligently, and aside from competing in every set of games that came along, became proficient by watching others at the games. Further than this, by taking care of themselves, living the right kind of a life, and taking plenty of exercise, they laid the foundation which has aided them in after life.

Some of the men developed in these small clubs, in their day were of championship caliber, and, even to-day, if they were in competition, would play an important part in athletic circles. Perhaps they would not be American or world's champions, but they would figure prominently in American championship events.

Thirty-five or forty years ago the professional trainer prepared a man for competition very much after the fashion a horse was trained. He dieted him, physicked him, and worked him almost unceasingly. The athlete had certain hours to sleep, certain hours to work, and certain things to do which tended to make athletics a bore.

That system has all been changed. There is no more physicking or dieting, and athletics are run on the basis of "make the athletes enjoy themselves."

Everything tends toward play. The strict training table is practically out of existence to-day. An athlete can eat most anything he wants to, but he must abstain from fatty foods, and things that are indigestible. He must realize that under no circumstances must he use tobacco, or any form of intoxicants. Such must be tabooed as though they were poison. They have no value, absolutely. It cannot be gainsaid that what the average athlete wants most is daily exercise and a proper amount of sleep.

We have had some trainers in America who would advise a glass of wine or a glass of beer when an athlete was over-trained, or what we call "fine." I have never believed in that system. I have always felt that when an athlete is fine, or over-trained, he should lay off from his practice for a couple of weeks. I know of one athlete who over-trained, and reduced his weight from 155 to 132 pounds, in preparation for a mile race. As a matter of fact, he was so weak from starving himself that on the day of his race he could hardly jog a mile, let alone run a hard race.

Don't permit anyone to influence you if your system is run down that an alcoholic stimulant is necessary. It will not do you a particle of good. If you feel you have been over-trained, take a rest, and you will come back to health in a normal way. If you don't feel like running a half mile, quarter mile, mile or five miles when you come to the field, do not do it. It is all very well to say that some men must be driven, but any athlete who needs to be driven rarely succeeds.

The way to get along in athletics is to make it your play. Do it in your own way, and on your own time. If you wait until the time comes when you feel like getting down to hard work, and then train faithfully, you will get better results.

After having had preliminary training, and preliminary training naturally means plenty of outdoor or indoor work so that the body is in perfect condition, and after proving to yourself that you are physically fit, it is then to your advantage to begin to think over what you are going to specialize for. Whether it be sprinting, middle distance or long distance running, jumping, or weight throwing that you have decided you will try, careful attention should then be given to that particular form of athletics.

There have been many men throughout the world who were remarkable all-around athletes, men who could sprint fairly well, jump, hurdle, run distance and throw the weight, but in these days of advanced athletics, it is a good thing to specialize and become proficient in one branch of athletics, of course not necessarily in one event only, but in two or three events that harmonize.

As a matter of fact, there is little doubt that with a little faithful training the average good sprinter could become a good hurdler and jumper. We have had many sprinters who could hurdle and jump well enough to win championships in each event, but in order to excel and win championships in any one of these events nowadays a man would have to be a good sound performer.

Sprinting

How to succeed as a sprinter. The first requisite necessary to impress upon the would-be athlete, no matter what event he has decided to try for, is that in order to succeed he must first have a sound body. Without this, failure is almost certain. Perfect your body first should be the slogan and then training will be comparatively easy. For thirty years America has excelled at sprinting. Many old-time trainers look upon sprinting as the most important feature of an athletic meeting.

It is a well known fact that the late "Mike" Murphy, who successfully trained two American Olympic teams and other International teams, would rather have his men win the 100 yards and 220 yards races than any other event on the programme. Americans contend that there is something about sprinting that appeals to the American athletes.

The great number of high class sprinters developed in America is perhaps due to the fact that we have so many gymnasiums and playgrounds in which athletics are conducted, and also to the fact that nearly every American boy feels that he can develop into a good sprinter. That is probably why we have so many such men. As I have said before, I think sprint running is especially adapted to the temperament of American athletes, and Mike Murphy, Lawson Robertson, Jack Moakley, A. F. Copeland and other American trainers have said the same.

Now, as to an athlete's size and build. In years gone by how often have we heard different men in athletics remark, upon seeing an athlete perform for the first time, "that fellow will make a good sprinter; he is close on to six feet, well built and with long legs." Then when they might see a short, stocky built fellow, they would say he should make a good jumper, pole vaulter, or gymnast,

That was the old idea, but during the past twenty-five years such a manner of selection has undergone a change, because we have had sprint champions who have been short, small fellows, and big, rangy fellows as well; we have had short, stocky mile runners, and tall, lean ones, so that the time has gone when we can pick a man upon his appearance physically.

Some of the greatest sprinters ever developed have been short men, and some have been the opposite in size. Quarter milers have come to us long and lanky, and short and stocky, so there is no set standard to go by. It is up to the man himself. Usually a man will succeed if he follows the particular sport, distance or event that he is fond of, and adapts himself to. Sprinting, I think, is the hardest game to excel at and there is less chance of succeeding than in the half mile, mile or jumps. It is quite true that sprinting is not so tedious for an athlete as running distance, but faithful training is necessary to perfect one in the sprinting game.

After a youngster has proven conclusively that he is physically fit and desires to take up sprinting, the first and most important part of his work is that of perfecting the start—leaving the mark. The start is the all important thing in sprint running, and one must master the art of starting properly or he cannot possibly succeed. The standing upright start which was universal twenty-five years ago is obsolete to-day in sprint races. The "crouch," which should be called the "Kangaroo" or "Australian" start, is the perfect and up-to-date method of starting.

This peculiar style of starting, known in America as the "crouch" start, has been, in recent years, a subject of much discussion as to where it was first used. This man, and that, claimed that he originated the "crouch." It is a well known fact that the author of this little handbook took up the question with Mr. Richard Coombes, editor of

the Sydney Referee of Australia, because the writer felt that the "crouch" start came from Australia to America, and then went to England and other European countries. For several years, Mr. Coombes, without doubt one of the greatest experts on athletics in the world, conducted a thorough investigation of the "crouch" start, and it is now admitted that "Bobby" McDonald, a famous Australian sprinter, was the first athlete to use the "crouch start." It is stated that he got the idea from watching the Kangaroo, and for years it was known as the "Kangaroo start."

So much for the "crouch" start. That it is an improvement over the old method of starting, no one disputes. How to become expert is the desire of every boy when he takes up sprinting, and he can only become proficient by constant practice.

While waiting for the command, "Take your marks," holes should be dug for each foot, one back of the other, with the rear foot a little to one side, but only far enough apart to enable the athlete when he gets set to feel at ease, and not cramped, or stretched out. A good way to measure the distance the rear hole should be from the front one is to kneel down on the right knee, placing the same even with the instep of the left foot and then dig the rear hole where the toe of the right foot reaches. This will give one a good easy position when getting set. The hands should be placed about three inches in front of the left foot so that you are just able to balance yourself from falling forward while waiting for the pistol shot.

At the command, "Take your marks," approach the starting line, and assume the crouching position with the body in a perfectly relaxed condition with the right knee resting on the track, and wait for the next command, "Get set." At this command the athlete takes his position shown on page 16, with every muscle tense, but not in a cramped position. At the report of the gun the right leg

ON THE MARK

AT THE COMMAND "GET SET"

is thrust directly forward, and a short, fast pick-up is used to get into stride quickly.

Lawson Robertson, the trainer of the Irish-American A. C., of New York, gives many valuable pointers on training for sprinting in another section of this book. He considers bounding the best form of exercise for the muscles when starting in to train for sprinting. He asserts that the exercise gives the spring that is necessary to bound over the ground. He also devotes a great deal of time in showing his new sprinters how to get into their stride instantly after getting out of their holes. This is a very important feature, as many championships have been lost by slow starting. A man might be a very strong runner—a strong finisher—but he would find it next to impossible to regain the ground lost by his slow starting, everything else between himself and his opponents being equal.

Athletes starting out in the sprinting game should bear in mind that the quickest way to a given point is the direct way, and his legs should drive forward absolutely straight. His head should be erect and his mind should be bent on reaching the finish line first. He must, therefore, run straight and true. The writer has seen many youngsters lose their chances of winning a place by getting nervous and looking to the right or left. This is one of the worst habits a beginner can get into.

On page **19** we show a picture of the finish—the throw at the tape. Many a race has been won in the last couple of yards by the "Morton throw." This style of finishing was perfected by J. W. Morton, the famous English sprinter, and copied by many, being as follows:

THE FINISH OF 100 YARDS.

After one has thoroughly mastered the art of starting, and is developed into a fast man and figures quite prominently in an important event, in order to be successful and get the benefit of every ounce of good that is in him.

and particularly when he has on his hands a hard race, the finish of which he knows is going to be a close one and that inches will decide it, it is then he wants to use the "throw" at the finish. There is no finish as sensational as the one that is known as the "throw finish," and by using it often races have been won which at 95 yards looked lost. It requires a great deal of practice and quick action to work it successfully, but when you have once mastered it, it comes to you like an inspiration when you are in a tight corner.

Morton says:

"After leaving the mark I pay no attention whatever to breathing, taking a breath as required. At about twenty yards from the tape I take a long breath, quickly pulling myself together for a final effort. At this point a thrill seems to pass through my muscles; I travel much faster, and should it be a close finish, at about eight feet from the tape, I throw myself off the right leg, striking the tape with the left breast, and saving myself from collapsing by the left leg. Should your stride have left you on the other leg at this period, your method will, of course, be vice versa.

"It is advisable to practice this method of finishing on grass, as you will be able to pay more attention to it, not being afraid of the abrasions that a fall on the cinder track would cause. Whatever you do, do not attempt too long a throw to the tape and do not attempt to bring the feet together like in a long jump. To be successful with this jump at the finish the runner must get off one leg. This method of finishing has won many races, particularly my 1904 British championship, when I defeated Arthur Duffey. At 95 yards he looked like a winner, but I threw myself and breasted the tape first. Of course, this method of finishing is like everything else, it requires a great deal of practice. I can assure athletes who think

FINISHING—SHOWING THE THROW AT TAPE

it worth while trying, that they will find it very useful in a close finish."

The amount of work to be expected of a man is very important. I have always felt if a man desires to excel as a sprinter he should train regularly, observe all the laws of athletics and work daily. Of course, it is impossible for all athletes to have their training trials and practice sprints at the same time of day as his particular event is usually called for on the day of a race, but if this is possible it will be an advantage.

In America the majority of our champion athletes are business men, or clerks working for a living, who have to do their training late in the afternoon. It is always best to do your training, when you have to do it late in the afternoon, before eating. Of course, in school and college the athletes can, as a rule, arrange their schedules in such a way that they can practice or run their trials about the same time as their race comes off on race day. It is important, and a good thing to provide for.

The amount of work that a sprinter should do, depends upon the physical condition of the athlete. Big, strong, fully grown fellows can stand a great deal of work, while weaker men cannot stand very much. Some fellows can run time trials every other day for a period and improve on them, while others would be upset entirely by such work. Personally I have never been in favor of what are known as time trials for athletes. An athlete usually gets all the time trials that are necessary in competition. Such trials only tend to make the athlete nervous and unstrung, and on the day of his race he is liable to go to the mark in a weakened condition.

At the present time athletic games are held on the average once weekly—and they are time trials enough. Let the men do their work regularly, take care of their bodies, train with club mates or friends and that, to my way of thinking, is better than trials under a watch. Of

course, many of our young men are not fortunate enough to have among their acquaintances men who are expert enough to train with them and give them the competition necessary. Sometimes they are forced to go away by themselves and train.

I have always felt that a sprinter, provided he was in perfect physical condition, should practice starts for at least ten minutes each day with someone to start him with a gun. Some one who will hold him on his mark, and who will be just as careful as the official starters. In practising for a 100-yard race, a sprinter should go beyond that distance in his preparatory work.

As a matter of fact, a hundred-yard man should be able to go on to 110 yards or 120 yards at top speed. For the 220-yard race the training should be about the same as for the "hundred," except he should do a little longer work to get strength. A good hundred-yard man can invariably run a good 220 yards. The exceptions to this rule are few. There have been, however, several wonderful hundred-yard men, who never ran over 100 yards. They could run 100 yards and no more. On the other hand, many of the world's greatest sprinters have been able to run 220 yards, and beyond that. This is notably true of B. J. Wefers, Harry Brooks and Lon Myers, all of whom were remarkable sprinters, and were good up to a quarter of a mile.

Many athletes have made a serious mistake in sticking to sprinting after failing to win championships in that particular class. Take the 100-yard championship at the Intercollegiate or A. A. U. Championship Meetings—not any one year, but all the years—and we find that these races were won in 9 4-5 seconds and 10 seconds, with the second man a foot or two back and the third man a foot or so back of the second man. Time and again probably six men will have been found running within two or three feet of ten seconds.

I have often felt that trainers sacrifice great athletes

in this particular event. Therefore I think it is a mistake for a sprinter to stick at this game for years, only to be invariably beaten out of a championship by a close margin. I have in mind now a young man—a very good sprinter—who, to my way of thinking, was the fastest man for fifty or sixty yards that ever put on a shoe. He repeatedly ran in 100-yard races, and was just beaten time and again at the tape in fast time. After one particular championship meeting I advised him to change his distance. I told him that he was strong, athletic and in perfect condition and that he had tried hard, but that he lacked being a champion sprinter.

I advised him to try a longer race, preferably the "220" or quarter, feeling that all he needed was the ability to stay. This young man took my advice, and the following year he won the 220-yard championship. If he had confined his efforts to 100 yards he might never have become a champion. The same thing applies to many of our sprinters. I think that after they have been tried at sprinting, and have proven to themselves and their trainer that they are not of championship caliber in that particular branch, they should try the quarter, broad jump, or some other event.

It is immaterial what sport we enter into—let it be sprinting, distance running, jumping or weight throwing—speed is necessary. So my advice to sprinters who have gone on for several years, training conscientiously, and have shown that they are fast men, but unable to qualify for the championship class, is to change and try something else.

Quarter-Mile Run

This has been classed by many as a middle distance event. Years ago, perhaps, it did belong to the list of middle distance events, but I don't think it could be considered as such to-day. I think it should be considered as a long distance sprint, because from the records that have been made of late and the performances of the men. The athlete who hopes to win an American, Swedish, German, English, French or Olympic Championship at this distance, must be a sprinter and a real good sprinter. Take for instance the record of Maxey Long, who ran a quarter of a mile on a straightaway path in 47 seconds, and a similar distance on a fifth-of-a-mile track in 47 4-5 seconds. To run this distance in 47 seconds a man must be able to run 100 yards in 10 seconds and probably in some part of the race, he does; Maxey Long, on several occasions, did it.

In all quarter-mile championship races of recent years, the man who has been a good sprinter has generally come through. So the advice given to the 100-yard man, and the 220-yard man, naturally applies to the one that is going to prepare for a quarter of a mile, with the additional command to occasionally run over a longer distance in order to get stamina. To succeed as a quarter-mile runner to-day, a man not only has to be a sprinter, but he must be as game as a pebble and well able to go the distance, and in training for this event his preliminary work must be diversified. A quarter miler must not only practice hard and become proficient at starting and able to get away from the mark smoothly and fast, but he must also have the stamina to enable him to come home.

Therefore in practice he should train over longer distances and run 600 yards, 700 yards and a half mile in order to become thoroughly hardened and strengthened, and have the staying qualities which are essential to-day for that last desperate drive for the tape. Therefore, I

MAXEY LONG, N. Y. A. C.

World's greatest quarter-miler. Record, 47s. Note the perfection of form, body slightly bent forward, arms and legs working straight ahead and no lost motion of the legs.

think that a man who is going to run a quarter should devote a great deal of his time to middle distance running, say at 600 yards and a half mile, never neglecting, however, his sprinting or starting practice.

The start in a quarter mile race is almost as essential as that for a 100-yard race. I read an article by one trainer a short time ago wherein he remarked that the start of a quarter mile race was the all important thing, owing to the fact that the starting point of all quarter mile races was close to the first turn of a quarter mile path, and that the quarter-miler should practice starts and be quick at the breakaway in order to be the first one at the all important turn.

That was quite true not long since, but the writer was one of the first to observe the inconsistency of starting the quarter and half mile races so near the first bend of a quarter mile path, and several years ago he suggested to the Intercollegiate Association that the starting points of these races be moved back so that the runners would be given a chance to get straightened out before the first turn and all have a fair chance. This was first put into operation by the Intercollegiate Association of Amateur Athletes of America at Franklin Field, Philadelphia, U. S. A., some years ago, and now all championship quarter and half mile races are started that way.

This method of starting races of this kind is well nigh perfect, and has proved to be so for the reason that at the finish of most races at the distance seldom do more than three men come up to within 80 yards of the finish at one time, so that the positions are fairly well established before they get within hailing distance of the tape. The amount of work for a quarter miler as well as that for a hundred, or two-twenty man, to my way of thinking, depends on the man himself and his condition. A big, strong fellow who can stand work, should be worked, while the slightly built man should have his programme modified.

880 Yards or Half-Mile

The half mile is recognized throughout the world as a middle distance event, and it has been proven conclusively that it is not a race for one who has not both stamina and speed. A man who desires to excel as a half miler, must have the speed of a sprinter as well as great staying power. Of course the work for a half-miler is entirely different from that given a sprinter. He must be sent on longer journeys. The half miler should run plenty of distance trials, not under a watch, but for his own satisfaction, and he must be able to run three-quarters of a mile at a strong pace, a phase of work the majority of the great half-milers have been able to do satisfactorily.

A middle distance man's work is strenuous. He must acquire a knowledge of pace. To my way of thinking, a half-miler requires more attention and work than the sprinter—at any rate, harder work. He should be sent through the distance repeatedly, and there is no reason in the world why a good quarter-miler should not be able to run a good half mile, and vice versa. That they have, is proven by men of the type of Sheppard, Meredith, Wide, Braun and others, who were really in the championship class in the quarter as well as the half mile.

Mile Run

In the old days the mile was considered the blue ribbon event, and it is without doubt one of the hardest races there is. To-day it is far from being the steady plod as was the case a generation or more ago. I have always felt that for a man to be able to run a good mile, two, or five miles, he should have a grand constitution. He must be strong of limb, and stout of heart, and to gain these qualifications a lot of long distance work is necessary and plenty of hard and consistent training. As I look back over the records of many of our great distance runners in days gone by, I feel thoroughly convinced if I had charge of the training of a group of milers—that is, men who could practically be considered novices—I would commence late in the year and have them run long distances from fall to spring.

I would send them cross-country, at distances from four to six miles several times weekly. Not at top speed, of course, but at a good, steady gait. If I had a lot of novices who could not win at anything, but were anxious to follow the game, I would start them walking. I'd have them walk for a year or more. Not walk as one does through the country, but on the track where they would have a chance to be judged, and race each other. Out of this bunch two or three good walkers might be developed. The work would give the others strength and confidence so that if trained for running I feel confident many of them would eventually develop into champions, because a walking race of two or three miles is the most gruelling sport there is, and the man who can go that far at good racing speed must have strength and gameness.

I think this type of work would make novices good subjects for a trainer who desires to find and develop distance

1, C. D. Reidpath. 2, John Paul Jones. 3, Abel Kiviat.

runners. I say this with confidence, for some of the greatest distance runners in the world were men that started out as walkers. George Bonhag and Jim Gifford, two of the greatest five mile runners America ever had, were good walkers. Harry Fredericks, one time American mile champion, was an amateur walker. Frank Lantry was a good walker, and later developed into a runner. In recent years, we can cite the case of Myles McHugh, who was a fairly good walker. After trying that game for some time he took up running, and to-day he is a runner of ability.

If a club has a lot of youngsters who have athletic inclinations, but lack strength and dash, I would suggest that such men go to the track each day and walk under proper coaching nearly as fast as they can, as far as they can. After six months or a year of this, those who do not excel as walkers will have laid the foundation for several of the other track events.

There is no doubt in my mind that a youngster starting out as a miler should work daily. One of the greatest runners the world has seen used to go out morning after morning for a four or five mile run across country before breakfast, and in the afternoon run the distance he intended to race in the nature of a trial. I do not believe in trials, as I have said before. I think too many trials (best efforts) will disconcert an athlete no matter what event he takes up, and on race day he is nervous and unstrung. A good rule is to make your training your play, and let your competition act as a trial.

In olden times the miler, two miler, five and ten miler was supposed to be, to a certain extent, a plodder—that is, he would go through the distance at an even pace. No one expected a miler to be a good sprinter. However, we have had in the athletic world some remarkable mile runners who were phenomenal sprinters. Lon Myers, for instance, could at any stage of a half, three-quarters or mile, give a burst of speed that was unusual. W. G. George could, John Paul Jones could, Abel Kiviat could.

I have, of course, felt, however, that Melvin W. Sheppard has given the greatest exhibitions of sprinting in mile races, showing the ability to come home in remarkable time on more than one occasion. I think this is because Sheppard, like Myers, often takes a try at the short distance races.

His remarkable mile at the Olympic Games in London in 1908 will be long remembered. During that race, on several occasions when he was called upon, he gave exhibitions of sprinting, the like of which had never been witnessed. In the last 300 yards, when he went up with the leaders, and then came through with a long, sustained sprint, beating out Wilson, the Englishman aided in proving that no matter what distance one may essay, it is necessary to have the ability to sprint, and come home.

At that time I drew up a table for Mike Murphy, giving to him my ideas of how a miler should be trained, which are appended. If the man who is going to run a mile is in fairly good condition on the nights he is to be sent through for a real fast test, he should be accompanied by at least three or four fairly good sprinters. He should be carried along by a quarter miler at a fairly good pace, and then a sprinter should take him up at 440 yards and carry him through to the 600-yard post, during which interim he should be compelled to sprint, after which he could then settle down to a natural mile pace. At 900 yards he should be picked up again by a sprinter, and sent at top speed up to a thousand yards. He should then slow down to about 1,600 yards and then be carried at top speed through to the finish. This will enable a man when he desires to take the lead to open the way as though he were a real sprinter and still have the strength to finish.

The advice to be given a man that runs a mile is the same as given to a man running three or four miles. It is hard work and takes time. A distance runner, of course, must know that he can go his distance, and it is

the duty of each and every man who desires to excel as a distance runner to go the distance, not necessarily at top speed, but day in and day out. A man should go his distance, not for a record, or on time, but just for the pleasure of it. Jog along if necessary, but never neglect the sprint. No one should lose sight of the fact that to excel even at five miles a man must have speed, and speed only comes from practice, and that speed will come to you if you join the 100 and 220-yard men in practice.

It is ridiculous to think that a man can run five or ten miles at racing speed if he has never gone the distance. In talking with Mike Murphy at Brighton, when the American team was training there for the Olympic Games at London in 1908, he criticised severely the judgment of some of the American Marathon runners.

He declared to me that he had had some trouble with a few of the boys, who felt that he was working them too hard, and he pointed out one who all but refused to run the distance he was instructed to. Murphy sounded the keynote when he said: "How can you expect to win a marathon if you never run one in practice?" A man must become accustomed to the distance. He must know that he can complete a Marathon. A Marathon is always a difficult event to train a man for, and I think the failure of many of our Americans to come through the distance in proper shape is due to the fact that they start too young and run distances which are too long for them at an early age. By this they sap their vitality, which is essential in a long distance run. I have always felt that a man to succeed as a Marathon runner must be a seasoned old fellow, who has had long experience, and who would probably be at his best between the ages of 25 and 30.

Of late years we have found that it is a pretty hard thing to have our Marathon runners repeat and come back the next year. This is due, I repeat, to the fact that they start too young. Several years ago the athletes of

this country and England were enthusiastic over distance running, and some of the men would run two or three Marathons in a fortnight, with the result that they felt and knew that they could go the distance. If this country of ours desires to retain its supremacy as a nation of great distance runners, it is the duty of the men handling athletes to see that the right kind of men are constantly kept in training for this type of event.

Cross-country work should be encouraged in every country in the world that desires to have seasoned distance runners, because it is the kind of work that builds up the body and fits the men for a campaign on the track. Nearly all the countries of the world that have men who are athletically inclined have their cross-country championships and believe in cross-country running, and the more we have of this sport, the better our runners will be.

The best kind of training for a club that desires to have its men excel in cross-country running is to encourage the formation of packs of Hares and Hounds. In the olden days, this was a popular sporting event for those who loved outdoor running.

The game of Hare and Hounds is simple. Two runners, as hares, start out, each with a bag over his shoulders full of closely clipped paper, from which they lay a course through the woods. After a certain interval the hounds are let loose, and they chase the hares. It is one of the most beneficial and most invigorating forms of athletic exercises. It takes men out in the open and gives them a taste of nature. There is something about cross-country running and Hare and Hounds that is entirely different from regular track competition. The benefits are many. I think Hare and Hounds clubs should be organized in all cities, and from such there would surely be developed a few men at least who would be able to carry the flag for their country to success in future Olympic Games.

Long Distances

The longest distance that we have on our championship athletic programmes is the ten-mile run. We also have three and five mile races. Much of what has been said regarding the mile applies with equal force to these distances. Here the staying qualities are more prominent than ever and no success can be obtained unless they are in the runner's make-up. A basis for success in these distances can be very well attained by easy cross-country work. Workman, the great English distance runner, who ran so remarkably several years ago against Yale and Harvard, in discussing the great superiority of the English distance men as a class, put the matter in a nutshell when he said: "The chief reason why we have so many first-class distance men, as compared with America, is because we are brought up to run distance from our early youth. Paper chasing and regular cross-country work are practically a part of the early education of the English schoolboy, and they are all able to go a distance. There is no wonder, therefore, that when these boys become men, scores of them develop into fast distance runners, while every now and then a real champion comes to the front."

The encouragement that has been given to distance running the past five years by the colleges has already borne fruit in the development of quite a number of good milers and two-milers. The schools are taking up the sport, and if it becomes general, it will not be long until America has some men worthy to rank with the best that England has produced.

In training for any of the above distances, the runner should hardly go the full distance every day. He will find that too exacting in our climate. But he should average at least three-quarters of the distance. By running

out the full distance once a week and going over it another day, he will find that in a race he will go through the full distance in good form.

There is one thing that every long distance runner must cultivate, and that is an even or steady gait. The heart, lungs, legs, arms, and, in fact, the whole body, should move together as one harmonious whole if the best results are to be obtained. If the athlete runs irregularly and not at an even pace, he will find that he will not attain his best speed. The first half mile of the five or ten miles the runner may go at a fast gait and then settle into a steady pace. Alfred Shrubb, the famous English distance runner, runs very steadily, but he has a fashion of varying his gait for about two quarters in the ten miles. He does this to limber up his legs and to produce a more powerful circulation, but outside of this peculiarity, which other distance men have had and for the same reason, he must be called a very even-gaited runner.

The ten mile runner must understride if anything. He cannot keep reaching out, as in the mile, for that is too exhausting. He must run as naturally as possible, depending on his staying qualities to make time. Here the muscles must not tie up, as that will prove fatal. This has reference both to the arm and leg muscles and it is really contained in the above admonition to run "naturally."

I shall give no schedule for these distances, as it is unnecessary. The great fault of the American aspirants for long distance honors I have found to be a disinclination to go far enough in their training. One must get used to the distance, and if one is careful not to exhaust oneself it is better to run too far in training than not far enough. If the runner does not run far enough, on the day of the race he is quite likely not to finish. On the other hand, if one has run too far, one will be able to go through the whole distance strongly if not so fast.

In running five and ten mile races, the runner must develop a steady, fast pace. This he will find exhausting for the first three miles, but if he has the right basis for distance work in his composition, the pace will then become to a great extent mechanical. One cannot obtain this mechanical pace if it is necessary to force oneself the whole way, and there is only one way in which it can be gained, and that is by constant practice. From the above, one can clearly see that the aspirant for long distance work must not take up the game unless he is very enthusiastic or enjoys running for itself. The reason for this is that there is not one runner in a hundred or even a greater percentage who has so much natural speed over a distance that he does not need to work hard and do lots of running. On the other hand, there is no event on our programme in which we find so many men who have brought themselves to a high state of development merely through consistent and steady practice backed only by very moderate natural ability.

Hurdle Racing

A great change has come to pass in the game of hurdle racing. Twenty-five years ago the hurdlers of this country had a stereotyped form. They curled up the front leg and drew the rear one close to the top of the hurdle, a style which was termed "bucking." This style has been changed considerably. To-day nearly all of our good hurdlers use what is called the "straight leg style." This change was made when Alvin Kraenzlein of Milwaukee, and afterwards of the University of Pennsylvania, began to use it. Kraenzlein conceived the idea that in order to make records over the hurdles, or to become an expert, the hurdles must be stepped over and not considered a bumper to be "bucked," and he evolved a method which kept him in stride by using the front leg straight while the other was practically at right angles to his body over the obstacle.

This is recognized as the best form for hurdling to-day. The result is that we have many remarkable hurdlers all over the world. The game is one which illustrates the great need for sprinting of very near top-notch class. Kraenzlein was a 10-second man. Smithson, Garrells, Shaw, Kelly, Rand, Wendell, Case and Nicholson are some of our men who can do close to 10 seconds for a 100 yards and that is one of the reasons why they have shown something close to 15 seconds in the 120 yards high hurdle race.

Hurdling is conceded to be one of the prettiest forms of athletic competition, and it is an event in which a man must take great pains with his method of training and his style, back of which he must be possessed of speed and natural spring. The best way to start training for hurdling, after learning to sprint, is to take a low hurdle and race over it as fearlessly as though there was no

obstacle to clear. After becoming proficient at this height the "fence" can be increased to the 3-foot 6-inch height.

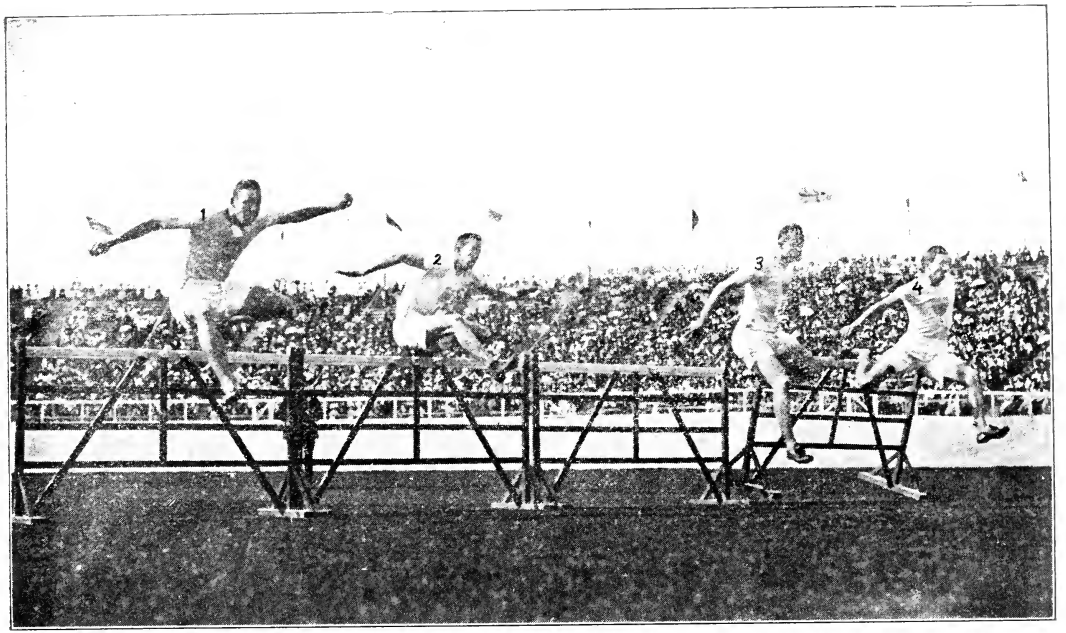
Most timber-toppers hurdle with the left leg forward, but if you find it more convenient to use the other leg, do so. The idea is to get over the hurdles as quickly and gracefully as possible. In leaping extend the leg going over first straight in front; bend the body forward from the hips; extend the arms similar to a tight-rope walker—they act as a balance while in the air. Bring up the rear leg in a hooked position and close to the body; during the leap gradually bring your rear leg forward; on landing be prepared to shoot this leg out for the next stride. Be sure that the front leg clears the hurdle—the rear leg may occasionally hit at first, but practice will overcome this fault. A hurdler will seldom fall if his first leg clears the bar.

In the official 220 yards low hurdles each hurdle is placed 20 yards apart, a like distance from the start to the first hurdle and from the last hurdle to the finish. But for boys 10 yards will do for a 60 yards race; when the distance is longer the hurdles should be 20 yards apart.

In the latter event seven or nine strides should be taken between the jumps, but it is much better for boys to use hurdles 10 yards apart until they become better acquainted with the hurdles, with, of course, a reduction in the number of strides. Never chop your stride. If necessary, make an extra long leap.

To be a good hurdler one must be so confident that hurdles will prove to be no obstacle at all. Just fancy a man coming through 120 yards over ten hurdles 3 feet 6 inches high in 15 seconds, as we have had recorded on several occasions. It shows he must have arrived at such perfection by constant and faithful training.

I have always contended that the best kind of a hurdle is the collapsible one. These, in practice, will allow the hurdler to run over them without fear of injury. I think



OLYMPIC GAMES, LONDON, 1908.

Final of the 110 Meter Hurdle Race. Four Americans, John Garrells, W. M. Rand, F. C. Smithson and A. B. Shaw. Time, 15 seconds, a new world's record.

the forcing of men to clear barriers that are "fixed" is wrong and robs them of their best efforts.

Both the 120 yards and the 220 yards hurdle races work well together, and the training for them is along the same lines.

As in other sports, the rules for hurdling are framed to safeguard the men from injury, and that particular one which invalidates the making of a record unless all the jumps are left standing as before being cleared, as well as the one which warrants the disqualification of the runner who topples three hurdles aids in my contention for collapsible hurdles as against those that are "fixed."

Mr. A. F. Copland, who in his day was the recognized champion hurdler of the world at both the high and low hurdles, has the following to say in relation to training for the hurdles:

"The first essential for an athlete with leanings toward hurdling is speed. To acquire this most important adjunct so necessary for track work the athlete must center his attention on form and the ability to 'pick-up,' that is, master the art of quick striding, which, in combination with the knowledge that what he's doing is right, is half the game.

"Of course, speed will not come in one week, or two, but the seeming hardship attending a runner's failure to measure up to the standard he may have set for himself should not prevent his keeping 'everlastingly at it,' until he at last 'does things.'

"The knowledge that he must have crept before he learned to walk should warrant his close application to the work of mastering form, which, when acquired, is sure to be productive of competitive results if he has any ability whatever.

"After the athlete has his muscles in such shape that they respond willingly, and are able to withstand the shock which follows hurdling attempts, he is ready to take up the

'timber-topping' game, and here again, style is the first requisite.

"Probably the best method for the beginner to pursue is to place light cross-bar jumping sticks at the required height, 2 feet 6 inches, or 3 feet 6 inches, on top of regulation hurdles, as a possible offset to injury when the obstacle is hit.

"The runner will go at such a 'hurdle' with more confidence than over a regulation 'gate,' and much more quickly become acquainted with the proper method.

"For the high hurdle it is necessary that the front leg, the first leg over the obstacle, should be as nearly straight out as possible, with the rear leg drawn up as near to right angles as can be done, and tucked up under the body immediately the leap is made.

"There must be another movement in unison with the above while crossing the stick which will warrant the upper body being thrown forward so that the chest nearly lies on the front thigh. This guarantees the quick dropping of the front leg in combination with the pulling of the rear, which makes for a quick recovery and instant readiness for the striding to the next hurdle.

"For the low obstacles it is not so necessary to get in the body action over the front thigh to such a degree as over the high sticks, but the front leg should be as straight as possible, while the rear is pulled as in the case of the high hurdles.

"The fundamental about racing over the high hurdles is 'make the first obstacle the best;' that is, cultivate the ability to 'go' to the first as though no obstacle was placed at the 15 yards distance. Once the first is cleared perfectly and with the requisite speed, the rest will come comparatively easy.

"Pay more attention to working over two or three hurdles in training for a contest than anything else outside of sprinting work, and don't tie yourself up by running over

the ten flights more frequently than once in ten days, and not that within a week of a race, is the best advice that can be given any hurdler, champion, or otherwise.

"Never run over a jump at an easy pace. No matter how leisurely one may run between the hurdles, it is absolutely necessary that the jump be taken fast, for the reason that a slowly taken hurdle is usually sure to bring the athlete to grief, if the obstacle is hit; whereas, if the obstacle is hit when there is speed, it is invariably carried with the runner, with less chances of his being hurt.

"It is advisable to get in plenty of sprinting work, starts, etc., coupled with good strong striding considerably over the distance to be run. The athlete should not be averse to doing lots of distance jogging, which helps lay a foundation for stamina not otherwise attainable.

"For the low hurdles it is advisable to learn to 'take' a hurdle with either leg, as, in the case of a spill, the runner can, with every degree of confidence, race on to the next obstacle without having to, or caring, which leg he is to use at the jump. It almost goes without saying that 'left leg first over,' is the best style for the low hurdles in view of the fact that there is so much indoor running around short ellipses, as well as because on most outdoor tracks such events are decided around turns. When a man uses the right leg first on other than straight tracks, he is always running away from his hurdles around turns, a phase of the game which has been shown to be suicidal to the runner."

Pole Vault

Pole vaulting, like all other standard events, has improved. To-day the question is, "How much higher can you go than 13 feet?" A quarter of a century ago the limit was about 10 feet. Pole vaulting has changed as have many other games. It is quite true that the use of the bamboo pole has to a great degree improved the conditions of pole vaulting, as with its coming into use athletes immediately began to realize on the greater speed the lighter pole and longer pole warranted.

Years ago, pole vaulting was considered more or less a gymnastic stunt. To-day it is a gymnastic stunt as well as a speed event, as the man must come to the take-off with great speed if he wants to cut any figure at the game. After attaining the requisite degree of speed he must have absolute control of himself after leaving the ground.

A man without a well developed body and strong shoulders stands little chance of being a pole vaulter. Some men assert that men who are short and stocky are best adapted for pole vaulting. In many cases this is true, but that such does not always hold has been disproved by the case of Harry Babcock, the present Olympic Champion, who is far from being short and stocky. As a matter of fact he is long and sinewy, and over six feet in height.

Pole vaulting requires a vast amount of practice. Years ago the rules allowed a vaulter to climb on the pole. This, however, proved to be so unfair that athletic legislators prohibited pole vaulters from essaying such a stunt. The best way to excel as a pole vaulter is to perfect yourself in the form, and then stick constantly at it. You must have confidence in yourself. Don't be afraid of the many hard falls you may get.

Broad Jumping

This sport is a good deal like any other event a man desires to excel at. I am not going to say that the best jumpers are long legged athletes, like Kraenzlein, or short, stocky men of the Kelly type. Broad jumpers of the best type have been developed from men of all sizes and physiques.

Broad jumping might be considered a sort of last resort for a man who has failed at sprinting, or some other event. I have always felt that a man who trains for the hurdles or sprints for several years, could be developed into a good broad jumper.

Like sprinting, high jumping, or hurdling, a man cannot be a good broad jumper if he has not speed. The most essential thing in broad jumping is speed and ability to hit the take-off in proper stride, and then be able to throw yourself in the air, so as to get out the greatest distance. The athlete who can retain his speed, hit the take-off and shoot high in the air, draw his legs well up under him until he is about ready to strike the ground, when he must shoot them out forward, land in the pit and throw himself forward, makes a good broad jumper. Like everything else in athletics, exhaustive practice is necessary for perfection.

The first thing to do is to measure off a certain distance to use as a guide to get your stride to hit the take-off with the proper foot. It is not necessary for a broad jumper to stick to that event alone. We have had plenty of men in athletics who could do other things besides broad jumping. Eddie Cook, for instance, formerly of Cornell University, was a clear example of versatility. He could broad jump, vault, hurdle, and sprint. Of course, it can be said that it is better to be an expert at one game than to be a moderate performer at several.

High Jump

There is no set way of high jumping. As no two men are built exactly alike, so no two men can jump their best along the same lines. But the general principle is the same—to make every part of the body and every part of the jump from the beginning of the run to the clearance of the bar and the alighting, serve the one purpose, which is to attain the greatest possible height. First determine that you are going to succeed, then stick everlastingly at it, being guided largely by your own judgment as to the amount of work you attempt, but doing a little every day, if only in your own room, to keep in trim, and you are bound to get there.

It is not necessary to run hard at the bar. It is better to bound along easily with just enough speed to carry you across the bar. Too much speed will shoot you into the bar and out a distance, but not up in the air. You will be coming just fast enough when you are easily able to check yourself at the instant of take-off, thus converting the force of your run into distance upward.

Most jumpers when beginning approach the take-off from the side. But it is better to run straight at it. At first it may seem more difficult and you may not be able to jump as high as with the side approach, but eventually you will be able to go much higher.

Learn to use the off-leg to advantage. By giving it a powerful swing upwards at the instant of take-off, and following it up with a "bending-the-crab" movement just at the instant when the hips and back would appear to take the bar off, you will add many inches to your jump. The body should clear the bar in a wiggle, snake-like, and not stiff nor bolt-upright. A quick snap-down of the legs after they are once across the bar and a simultaneous reach-

ing forward of the arms, head, and shoulders, will carry the upper part of the body free of the bar, right it, and enable one to alight gracefully on his feet, thus completing the jump.

In practice it is best not to try very great height, but rather to confine your efforts to more and more perfect clearance of a moderate height—one that you feel you can make sure of every time. This will favor development of form. Then, under the spur of competition, you will easily be able to combine form with height.

It is not well to practice if you are not in the mood—do something else: run, tramp, play base ball, tennis, basket ball, or hand ball—anything that you can abandon yourself to and thoroughly enjoy and that at the same time will make you quick and develop perfect control. Slow, heavy exercises, like rowing and dumb-bells, or throwing the medicine ball, are not desirable training adjuncts. Practice doing the split and high-stretch kicking every day—this will keep you loosened out and your legs under good control. Also practice the "jumping-jack" stunt very frequently—it will develop spring in the calves and thighs. All these things can be accomplished in one's room or in the back yard and require but a few moments of time each day. After form is once acquired, they will suffice to keep one always in trim for competition.

Do not attempt to combine broad jumping or hurdling with high jumping, if you wish to make the most of yourself at high jumping.

Set your heart on one thing, keep alive your interest in that one thing, and if you are patient and persistent you will one day become a champion—in this or any other athletic feat or in anything else you attempt.

Hammer Throwing

Throwing the hammer is one of the oldest forms of sport. Irish historians tell us it is handed down from the early days of Irish love for outdoor competition. The old style of hammer was a blacksmith's hammer with a three-foot handle, and from that we have come to the present style, which is a lead ball with a wire handle, which was worked out by James S. Mitchel, former world's champion weight thrower.

One of the first requirements in order to throw the hammer well, is that the athlete should be a big man. It is quite true that most of our hammer throwers have been men of remarkable physique, although they have not been always "strong" men. Many of our world's greatest hammer throwers have been men who would not have shown to advantage in what we now call the strength test. It is not a game in which just strength alone counts. A man must have ability, speed and knack. It almost goes without saying that, to throw the hammer well, a man must be in perfect physical condition. To throw the hammer in anything like championship form and stand the strain he must be well-nigh perfect physically in every way.

In the old days the hammer was thrown with a follow, but nowadays the rules provide that it be thrown from a seven-foot or nine-foot circle. The event is one which must be studied in a scientific manner, and it is wonderful how exhaustively our "big" men have mastered it.

I have always contended that the best way to bring up a youngster in the game is to furnish him a very light hammer, probably one with a wooden head in order that he become accustomed to the swing, after which, when followed by the use of a standard weight he will soon get the requisite speed. I have watched all of our great hammer

throwers, and compared their styles with those of some of the men just breaking into the game. It at once becomes noticeable that some of the newcomers don't swing the hammer at the right angle in the revolutions about the head and body. Some carry it very high up around the shoulders, and incline to pull the weight toward them half-arm fashion instead of having it out at full arm just before they essay making the first turn, which action must be continued until the throw is made.

The best weight throwers, just before leaving the hammer go, bring it down below the waist with the body movement leading the hammer during the turns. Of course, hammer throwers should strive more for form and the perfection of their turns than for distance. That is, they should not do any work that will unnecessarily tire their muscles, and bind them up. Light work is what should be prescribed for hammer throwers, so that they can retain their speed. To get the whole series of movements so harmonious that thought is not required, and it becomes second nature to go through them, is the thing desired. Work for form should be the watchword and distance is sure to be the outcome.

PUTTING THE SHOT.
Champion Martin J. Sheridan; showing a perfect balance after delivery.

Shot Putting

Harry Buermeyer, one of the strongest athletes the world ever had, could put the shot but 37 feet in his prime. To-day we have dozens of young men, and who are not strong men by any means, who can put the shot over 46 feet. The implement used now is the same as in the olden days; training methods for the shot put are the same, and everything else is the same, but these youngsters are more expert. They get all there is in them, whereas the old timers would walk up carelessly and put the shot by the use of main strength alone.

If you watch the men of to-day in their attempts to put the shot, you will see them get well crouched and get the drive from the right leg and the shove from the body that does the trick. In other words, if you have not the drive from the body back of your shot, you will never be able to put the shot a very great distance.

Shot putting, the same as weight throwing, is a game that requires constant attention from the man who is to excel at it. A man that expects to excel must lead a good, outdoor life. Jim Mitchel has always contended that a man who wants to excel as a shot putter, after he has mastered the style and position, should practice with a very heavy weight, probably 38 or 40 pounds.

There can be but one style for this event. The athlete places his right foot at the rear of the circle, with his left side facing the circle. He then leans back to get as good a start as possible. Then he hops forward and, without any cessation of movement, makes a half turn of the body by shooting out the right arm and shoulder and throwing or pulling back the left arm and shoulder. The entire weight of the whole body, including the legs and thighs, is put into the final movement, and if the shot has been given sufficient

elevation, a good put will be made. The defect in most shot putters is generally two-fold.

Some put the shot too much with the arm and do not get the weight of the body and the strong drive from the legs back of the put. Others hesitate after making the first hop across the circle and thus lose all the speed attained by that hop. If both of these defects are present, as is often the case, the athlete cannot do himself justice. Assiduous practice from a stand should enable the athlete to get his weight behind the shot. The other defect can be remedied only by careful practice, beginning the first hop across the circle slowly and care being taken to make the movement continuous from the beginning at the back of the circle until the weight leaves the hand. Speed across the circle and in making the half turn is very important in this event. We have called the first movement across the circle a hop, but it is really more like a shuffle, as the athlete should not jump high into the air. The movement is forward and close to the ground, the left leg being kept ahead, as when changing step to get into step with another when walking.

The Discus

The discus event, the oldest in the gamut of sport, is peculiarly adapted to the athlete who is possessed of agility, a fairish amount of strength, and knack, the last being particularly necessary in the scaling of the missile, wherein lies the secret of success as to distance. The weight of the implement does not demand the strength so necessary in other weight events, and because of this the thrower must eventually have every movement dovetail in order to get the best results.

At the outset the beginner will be confronted with some difficulty in gripping the missile, which must be held with absolutely no chance of its slipping from the hand.

The discus must be held flat upon the hand, gripped by the tips of the fingers, with the thumb just reaching the rim, and lay up on the wrist, which aids in supporting it prior to the swing in a semi-circular fashion in front of the body.

It is swung toward the left with a downward hold on the implement when it reaches the extreme left side, where it is momentarily supported by the left hand. Several movements of this sort, with the last the longest far to the left and well around back of the body on the right side, will aid in perfecting this preliminary swing and in the proper holding of the missile.

Following this, the thrower can prepare to scale the discus from a stand, concentrating all the efforts on this particular point alone. The weight is thrown with a slight overhand movement, during which it is kept in an almost horizontal position when leaving the hand, the fingers of which impart as the final forceful action a spin, which when rightly accomplished in combination with the proper elevation is half the game.

After the discus has been mastered as far as throwing from a stand is concerned, the movement through the circle can be considered, with the body slightly bent forward. The right foot is placed from toe to heel along the back part of the circle, with the left slightly to the side a half-step ahead, and 18 inches or so from the edge of the circle.

In making the turn, a pivot is made on the left foot, the right foot being brought around with the heel, the nearest point between the center of the circle and the back part, the movement being a right-about-face from the original position at the start of the turn, but about a third of the way across the circle.

Here another pivot is made with the right foot, with the body movement warranting the left foot being brought up quite close to the front edge of the circle with the right a trifle to the rear of it until the delivery is made, whereupon it is brought up almost in alignment with a spread of about a foot separating right and left.

In progressing through the circle the left arm must be fully extended, in order to aid the body movement, but care must be taken not to permit the action of the right arm to precede that of the body, which must be carried throughout the turn, so as to warrant every action following it being harmonious, the arm swing and final finger spin succeeding the body turn in such close relation that no loss of speed and proper ability to scale the missile is experienced. Too much work must not be done. The thrower will probably find a dozen tries all he needs in practice, with the idea uppermost being for scale and elevation.

Javelin

The Javelin throw differs so much from any other event that it is difficult to pick out any particular type of athlete who is best suited for the event. However, the champions with this particular implement appear to be possessed of that combination of strength of arm and speed and spring in legs found in shot putters and discus throwers.

On account of the terrific strain on the arm and the violent effort required to throw the javelin, beginners should be cautioned about trying too hard and too frequently in practice, as the tendons on the inside of the arm near the elbow are easily apt to be strained, and if practice is continued with this condition permanent injury to the throwing muscles invariably results.

The best method of learning to throw properly is to learn the delivery from a stand. The implement is held in the middle, at the center of gravity, by the cord grip, with the weight resting between the forefinger and the thumb, with the fingers uppermost. Some throwers prefer to rest the javelin just behind the cord with the fingers on the grip and this method is perhaps better as the last push is made with the cord against the lower part of the forefinger.

The left foot is placed—if a man is a right arm thrower—on or near the line in the direction of intended delivery and the other foot should be about two and a half feet further back. From this position the body and arm should be thrown back and the javelin then thrown with a reverse leg action similar to that used with the shot.

The commonest fault of beginners in javelin throwing is made just before the delivery. When the arm is drawn back the thrower must try to keep the position of the javelin at an absolute right angle to the scratch line, as the

tendency is to allow the long end to drop back behind the body. This action, it will be found, will prevent the missile from traveling in a straight line, and causes the javelin to wobble, thus preventing a smooth delivery.

After a smooth delivery and proper elevation are acquired by practice from standing throws, the run or approach can then be considered.

Although the run is unlimited, the approach should not be too long; in fact, any longer run than probably 40 feet will be found unnecessary.

For convenience the javelin, at the beginning of the approach, may be held by the grip and carried on the shoulder until one step before reversing the body with the throw, when it should be pulled back sharply to full arm's length and delivered as described for the standing throw.

The direction of the run should be slightly toward the left at an angle of say, 15 degrees, as this gives freer play for the arm and ensures a smoother delivery.

Fifty-six Pound Weight

The successful man with the 56-pound weight must be endowed at the outset of his preparation with strength out of the ordinary, as far as the average weight man is concerned. The weight competition harmonizes to a great degree with hammer throwing, with the whirl about the head and the turns necessary involving similar movements, though necessarily slower.

The first thing in connection with the preparation is to become enabled to get a proper swing around the head, which, when accomplished with the body movement beginning the turn, so calculated as to aid in getting the weight around, is half the game.

After getting the correct grip on the handle of the weight, with both hands so placed that the palms are turned toward the body, attention can be centered on making the swing about the head.

This can be made comparatively easy by a body movement from the hips, above which the torso is forced by the arm movements to seemingly revolve top-like, on the hip axis, with a swaying motion which is in harmony with the greater circular area described by the weight when distended by the arms during the revolution about the head and upper body.

Once perfected, the swing around the head paves the way to the movements through the circle, which are somewhat similar to those in hammer throwing.

In preparation for a throw a stand is taken at the back part of the circle with the legs well spread and set and the feet at angles of about 40 degrees. Preliminary to the turn around the head the weight is swung between the legs, then to the right across the knee; then to the left and back again to the extreme right. When the weight

is midway from right to left on the next swing, and almost in front of the body, a lunge is made with the body for the purpose of pivoting on the left foot, in which the body movement brings the weight clean around the body and leaves the thrower in almost a similar position as that first assumed, but nearly half way across the circle with the left foot slightly in advance of the other.

With absolutely no pause the second pivot is made, the swinging movement being similar to that which obtained during the first turn, so that at the end of the second turn the feet are again brought further toward the throwing edge, with the left in advance and ready for the final heave, in which all the perfection of action must be had, the throw being half over the left shoulder.

Care must be taken to prevent the weight pulling the thrower out of the circle, it being necessary for the athlete to set himself and hold himself well together before the heave is accomplished. Much good can be had in preparation for this event with practice with a 35-pound weight, but it is necessary to impress upon throwers the advisability of confining their practice heaves with the "56" to not more than half a dozen tries a day, and none for two days before a competition.

Training Hints

By Lawson Robertson, I. A. A. C.

100 Yards—Assuming that the athlete is in general good health, and has for a period of two or three weeks taken regular exercise to strengthen all parts of his body, he is ready for the preliminary training for the 100 yards. This should consist of leg exercise work every day for a week, and be made up of a bounding from foot to foot for a distance varying from 300 yards to half a mile.

The knees should be raised high in front of the body and the arms kept working in unison with the leg action. As a matter of fact, it is a better scheme that the arm action slightly anticipate the leg drive, as a common fault among sprinters is a tendency to let the arms lag, thus preventing the harmony of action that is so essential to good form.

This exercise may be continued twice a week during the training period, but should not be indulged in too frequently, as it is apt to stiffen the muscles. The following schedule is recommended:

Monday—Starting practice consisting of breaks of 20 yards at full speed seven or eight times. Take plenty of distance in which to slow down, as quick stopping is liable to result in injury, pulled muscles, etc. After sufficient rest has been had following the starting practice, one or two dashes of probably 80 yards at three-quarters speed will be found sufficient for the day.

Tuesday—Starting practice as usual, followed by a 60-yard dash at full speed, completing the rest of the 100 yards at slightly diminished pace.

Wednesday—Three or four moves from the gun followed by a couple of dashes at 40 yards at best speed. After the required rest, 150 yards at three-quarter speed.

Thursday—Work similar to that of Monday.

Friday—Slow jogging or bounding exercise for a few minutes unless the athlete is to run a race the day following, in which case absolute rest will be found beneficial.

Saturday or race day—Three or four fast starts, and if there is no competition a time trial for the 100 yards can be made, followed by a slow 300 yards jog.

A rest of one day a week will be found beneficial, as it enables the athlete to recuperate and loosen up his muscles.

220 Yards—Practically the same schedule as that advocated for the 100 yards can be followed, except that twice a week, say Tuesday and Thursday, spins over the 220-yard route at three-quarter speed will aid in giving the runner the extra endurance necessary.

440 Yards—This distance is now classified as a sprinting one, inasmuch as a champion quarter-miler must have enough speed to travel 100 yards close to 10 1-5 seconds. The following schedule has been found beneficial. During the first week the training should be confined to slow jogging over distances varying from 600 yards to three-quarters of a mile in order to build up the leg muscles.

If the athlete has plenty of natural speed but lacks endurance, the following can be recommended:

Monday—Three or four thirty-yard starts, followed by 600 yards at a half mile pace.

Tuesday—After warming up run three 150-yard dashes just off best speed, using a long swinging stride. This should be followed by a slow quarter.

Wednesday—Several starts, and after a rest run a hundred yards or so over a quarter mile at a good pace.

Thursday—Several dashes at 100 yards close to best pace, followed by a "two twenty," which should be fast.

Friday—After jogging a slow "four forty" run a quarter mile, the first 220 yards of which must be at racing speed, with the latter half at almost half speed.

Saturday—If no race is scheduled a time trial can be

had at 440 yards. If, however, the athlete finds that he lacks speed the above schedule can be changed by eliminating the practice runs at distances over 440 yards as on Monday and Wednesday, and more sprinting work can be substituted.

880 Yards.

For the first couple of weeks long easy jogging from three-quarters of a mile to two miles should be indulged in about four times a week.

This exercise strengthens the heart and lungs and is a good preparation for the following schedule:

Monday—Two or three 50 yard sprints followed, after a short rest, by three-quarters of a mile at moderate speed.

Tuesday—600 yards at good speed, followed by jogging a slow 880 yards.

Wednesday—Two or three sprints and a slow mile.

Thursday—300 yards at best speed, followed by jogging 880.

Friday—Same as Monday.

Saturday—880 yards time trial.

One Mile.

The preliminary work for this distance should consist of alternating long walks through the country with slow running at distances over the mile for at least two weeks.

Monday—1½ miles at moderate speed followed by one sprint of about 75 yards.

Tuesday—880 yards at best speed followed by a slow jog of 600 yards.

Wednesday—Two or three 150 yard sprints, with five or ten minutes rest between each, followed by jogging slow half mile.

Thursday—¾ mile at good speed.

Friday—Rest.

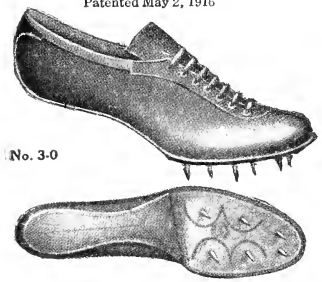
ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

Spalding "Olympic Championship" Running and Jumping Shoes

All of these are fine turned shoes. Finest kangaroo uppers and fine leather soles. The same style shoes that we supplied to the American athletes who were so successful at the last Olympic Games, and are worn in competition by all prominent athletes in this country.

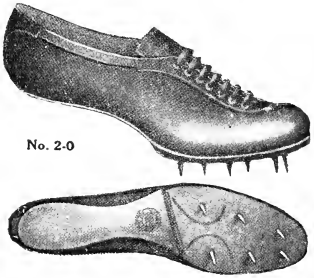
Spalding "Monitor" Sprint Running Shoes

Patented May 2, 1916



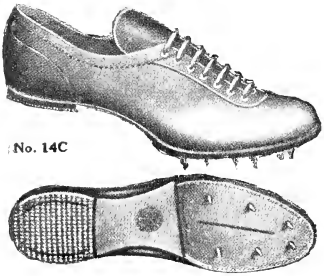
No. **3-0.** Lightest running shoe made. Hand made spikes. Especially for 100 or 220 yards races. Strictly bench made throughout. Pair, **$6.00**

Spalding "Olympic Championship" Short Distance Running Shoes



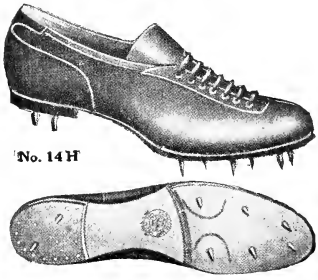
No. **2-0.** Extremely light and glove fitting Hand made steel spikes. Worn by all champions for short distances, especially 440 and 880 yards and one mile races. . Pair, **$6.00**

Spalding "Olympic Championship" Long Distance Running Shoes



No. **14C.** For long distance races on athletic tracks. Rubber heels, flexible shanks. Hand made steel spikes in soles. No spikes in heels. . . . . Pair, **$5.00**

Spalding "Olympic Championship" Jumping Shoes



No. **14H.** Specially stiffened soles. Hand made steel spikes placed as suggested by champion jumpers. Also correct shoes for shot putting, weight and hammer throwing. . Pair, **$6.00**

Rubber Heels To Be Put Inside Jumping Shoes

No. **E.** Inside rubber heels for jumping, hurdling and pole vaulting shoes. . . . . Pair, **25c.**

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

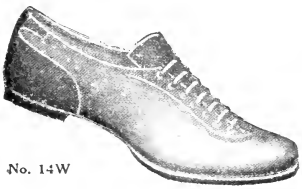
FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect July 5, 1916. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

Spalding "Olympic Championship" Running and Jumping Shoes

All of these are fine turned shoes. Finest kangaroo uppers and fine leather soles. The same style shoes that we supplied to the American athletes who were so successful at the last Olympic Games, and are worn in competition by all prominent athletes in this country.

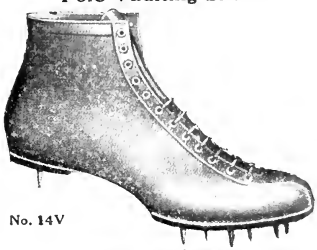
Spalding "Olympic Championship" Walking Shoes



No. 14W

No. **14W.** For competition and match races. These shoes are the same as are used by all champion walkers. . . . . Pair, **$5.00**

Spalding "Olympic Championship" Pole Vaulting Shoes



No. 14V

No. **14V.** High cut, special last. Hand made steel spikes in soles; one spike in heels. To order only. Not carried in stock. Pair, **$6.00**

On special orders we will supply Pole Vaulting Shoes with one high and one low cut shoe at no extra charge.

Spalding MARATHON "Μαραθών" Long Distance Running Shoes

No. MH

No. MO

No. **MH.** High cut but light in weight. Well finished inside so as not to hurt the feet in a long race. Special leather soles, will not wear smooth; light leather heels, soft leather uppers. Hand sewed. . . . . Pair, **$5.00**

No. **MO.** Low cut. Blucher style. Otherwise same as No. MH. . . . . " **5.00**

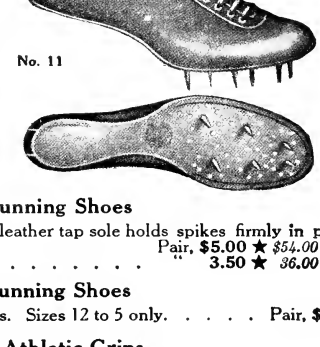
Spalding Running and Jumping Shoes

Spalding Indoor Running Shoes

No. **111.** Soft leather, corrugated rubber soles, with spikes. . . . . Pair, **$5.00**

Spalding Outdoor Jumping Shoes

No. **14J.** Strong leather; machine made. Durable. Steel spikes. Pair, **$5.00** ★ *$54.00 Doz.*



Spalding Outdoor Running Shoes

No. **11T.** Soft leather uppers, machine made; solid leather tap sole holds spikes firmly in place. Pair, **$5.00** ★ *$54.00 Doz.*

No. **11.** Strong leather, machine made. . . . . " **3.50** ★ *36.00 Doz.*

Juvenile Outdoor Running Shoes

No. **12.** Leather, good quality, complete with spikes. Sizes 12 to 5 only. . . . . Pair, **$3.00**

Cork Athletic Grips

No. **2.** Best quality cork, with elastic bands. . . . . Pair, **20c.**

No. **1.** Selected cork, shaped. . . . . " **15c.**

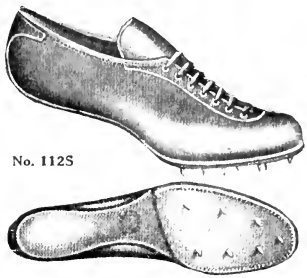
Keep the uppers of all running shoes soft and pliable by using Spalding "Dri-Foot." It will greatly add to the wear of shoes. . . . Can, 10c.

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one-half dozen or more at one time. Quantity prices NOT allowed on items NOT marked with ★

Spalding Indoor Running and Jumping Shoes

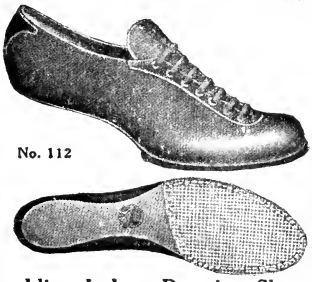
Spalding Indoor Jumping Shoes

No. 210. Hand made. Strong uppers, rubber tap soles and rubber heels. . . Pair, **$5.00**



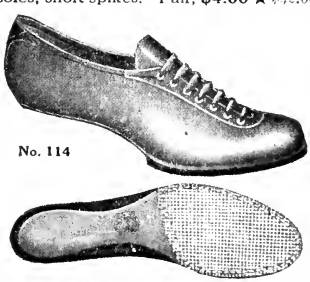
Spalding Indoor Running Shoes

No. **112S.** Good leather uppers and leather soles, short spikes. Pair, **$4.00** ★ *$42.00 Doz.*



Spalding Indoor Running Shoes

No. 112. Good leather, rubber tap soles. No spikes. . . . . Pair, **$4.00** ★ *$42.00 Doz.*



Spalding Indoor Running Shoes

No. **114.** Leather uppers; rubber tap soles. No spikes. . . . Pair, **$3.00** ★ *$33.00 Doz.*

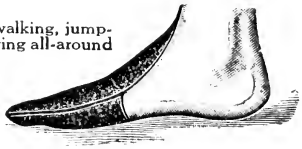
Spalding Juvenile Indoor Running Shoes

No. 115. Leather, good quality, without spikes. Sizes 12 to 5 only. . . . . Pair, **$2.50**

Chamois Pushers

No. 5. Fine Chamois skin. Should be used with running, walking, jumping and other athletic shoes, especially in long races or during all-around competition. . . . . Pair, **35c.**

No. L. Specially prepared leather, suitable for use with all athletic shoes. . . . . Pair, **25c.**



Use Spalding "Dri-Foot" on uppers and soles of Running and Jumping Shoes. It prevents deterioration of the leather and keeps them soft and pliable. . Can, 10c.

The prices printed in italics opposite items marked with ☆ will be quoted only on orders for one-half dozen or more at one time. Quantity prices NOT allowed on items NOT marked with ★

Spalding Athletic Hammers

No. **16BH.** Spalding "Official Olympic" Brass Shell Head 16 lb. Hammer (Pat'd Aug. 20, 1912), including patented ball-bearing swivel. Supplied regularly with double triangle wire grip (Pat'd Dec. 22, 1914). Each, **$10.00**

No. **12BH.** 12-lb. Brass Shell Head Hammer, otherwise same as No. 16BH. Each, **$9.00**

No. **16IHB.** 16-lb Solid Iron Head Hammer, including patented ball-bearing swivel, double triangle wire grip. Each, **$4.50**

No. **12IHB.** 12-lb Solid Iron Head Hammer, otherwise same as No. 16IHB. Each, **$4.00**

No. **8IH.** 8-lb. Solid Iron Head Hammer without ball-bearing swivel. Double triangle grip. Ea., **$3.00**

Extra Handles for Athletic Hammers

No. MG

No. **MG.** Single Grip Style. Used by many prominent hammer throwers. Supplied separately with wire handles. Each, **$2.00**

No. **FH.** Double Triangle Grip, complete with wire handle, furnished separately. . . . . Each, **75c**

Any regular Spalding Hammer listed above furnished with No. MG grip instead of double triangle style, on special order, at an extra charge of $1.25

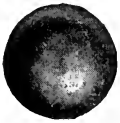
Leather Case for Athletic Hammers

No. **L.** Leather Case, to hold either 12 or 16-lb. hammer. . . . Each, **$3.00**

Spalding "Official Olympic" Circles

No. **9.** 7 Foot Diameter Circle. The shot and weights are thrown from this size circle. Three sections, band iron, painted white. . Each, **$10.00**

No. **19.** 8 Foot 2 inch Diameter Circle. For throwing Discus. Three sections, band iron, painted white. . . . . Each, **$10.00**



Spalding Athletic Shot

	No. **16BS.**	Spalding "Official Olympic" Brass Shell Shot. (Patented August 20, 1912).	Each,	**$9.00**
	No. **12BS.**	12-lb. Brass Shell.	"	**7.50**
	No. **16IS.**	16-lb. Solid Iron.	"	**1.75**
No. **12IS.**	12-lb.	Solid Iron.	"	**1.50**
No. **24LS.**	24-lb.	Solid Lead.	"	**9.00**
No. **24IS.**	24-lb.	Solid Iron.	"	**5.00**
No. **8IS.**	8-lb.	Solid Iron.	"	**1.25**
No. **5IS.**	5-lb.	Solid Iron.	"	**1.00**
No. **26.**	8-lb.	Leather covered.	"	**7.00**
No. **5.**	5-lb.	Leather covered.	"	**5.00**

Regulation 56-lb. Weight

No. **2.** Used and endorsed by all weight throwers. Lead. Packed in box, guaranteed correct in weight.

Complete, **$15.00**

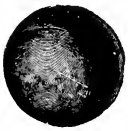
Tambourine

No. **1.** Required when throwing 56-lb. weight for height.

Each, **$10.00**

Spalding Indoor Athletic Shot—Rubber Covered

Patented December, 1905



Scientifically made; perfectly round; gives fine grip; has proper resiliency when it comes in contact with floor; wears longer than ordinary leather covered; lead dust will not sift out; always full weight.

No. **P.**	16-lb.	Rubber covered.	Each,	**$12.00**
No. **Q.**	12-lb.	Rubber covered.	"	**10.00**

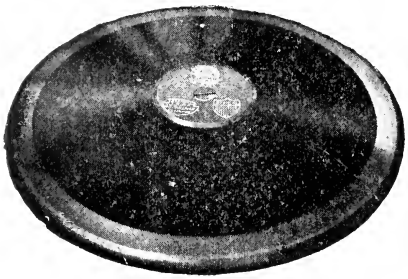
Spalding Indoor Shot—Leather Covered

Method of construction prevents loss of weight even when used constantly.

No. **3.**	12-lb.	Leather covered.	Each,	**$8.00**
No. **4.**	16-lb.	Leather covered.	"	**9.00**

Spalding Athletic Implements are best—First, because we have decided that no trouble or expense will be spared in their manufacture. Second, because we really know how to make them to give best results, and Third, because we have the special skilled workman and the machinery, tools, etc., necessary in the manufacture of special implements of this description.

The Spalding "Official Olympic" Discus No. 5



Made in accordance with I. A. A. F., A. A. U., and Intercollegiate A. A. A. A. Specifications.

This is a duplicate of the original sample submitted to the I. A. A. F. Congress at Lyons, France, June 10th, 1914, and which was so favorably commented upon and unanimously adopted for use in all future Olympic games.

No. 5. Spalding "Official Olympic" Discuss, wood center. Each, **$7.50**

Spalding Practice All-Steel Discus

Patented March 30th, 1915

Same size and shape as the "Official Olympic" style, but made all of steel, which forbids its use as an official implement. It is recommended for practice and on account of all-steel construction will give maximum amount of service.

No. **15.** Spalding "Practice" Discus, all steel. . . . . Each, **$5.00**

Spalding "Youths' Official" Discus

Wood center. Official for Junior Discus Competitions.

No. **Y.** Spalding "Youths' Official" Discus, wood center, ... Each, **$5.00**

Spalding "Official Olympic" Javelin

Made in exact accordance with I. A. A. F., A. A. U., and Intercollegiate A. A. A. A. specifications.

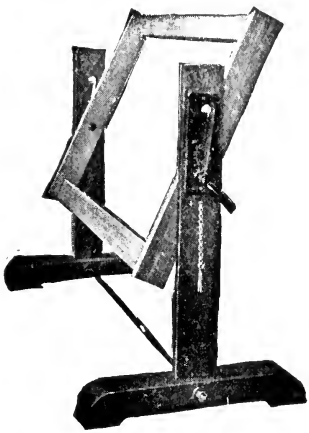
No. **153.** Spalding "Official Olympic" Javelin. . . . . Each, **$3.00**

SPECIAL NOTE—Specifications in the Official Rules covering Javelin throwing are such that in complying with them the Javelin is necessarily quite frail; hence, if it is not thrown with the proper degree of skill it is easily broken and this through no fault of material or workmanship. We are unable, therefore, to guarantee Javelins against breakage while in use. We guarantee only against defective material or workmanship, and in 95 cases out of a 100 where a Javelin shaft is broken we have found it was the result of faulty manipulation or awkwardness on the part of the performer.

Spalding "Official Olympic" Hurdle

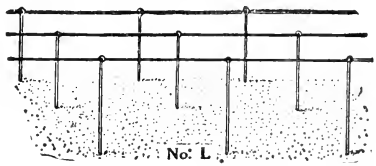
Patented December 22, 1914

Three adjustment style. Exclusive Spalding Model. This hurdle is made so that it is instantly adjustable to the three different heights required in hurdle races under various rules, 2 feet 6 inches, 3 feet, and 3 feet 6 inches.



No. 31. Three adjustment. . . Each, $ 5.00
Set of forty. 140.00

Spalding Lanes for Sprint Races



No. L. Sufficient stakes and cord to lay out four 100-yard lanes. Stakes are made with pointed ends and sufficiently strong so that they can be driven into hard ground. . . . . Set, $15.00

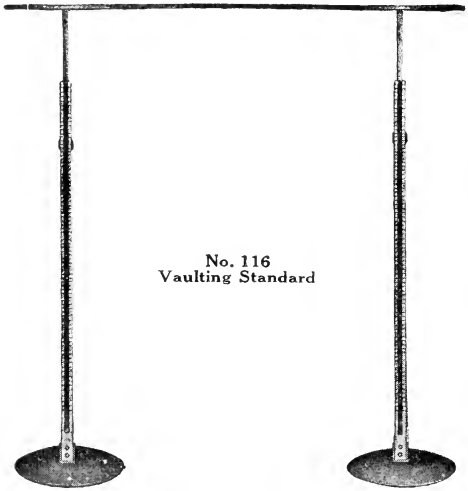
Competitors' Numbers

Printed on Heavy Manila Paper or Strong Linen

		Manila Set	Linen Set			Manila Set	Linen Set
No. 1.	1 to 50.	$ .38	$2.50	No. 4.	1 to 150.	$1.13	$7.50
No. 2.	1 to 75.	.57	3.75	No. 5.	1 to 200.	1.50	10.00
No. 3.	1 to 100.	.75	5.00	No. 6.	1 to 250.	1.88	12.50

For larger meets we supply Competitors' Numbers, on Manila paper only, in sets as follows:

No. 7.	1 to 300. . . .	Set,	$2.25	No. 16.	1 to 1200. . . .	Set,	$9.00
No. 8.	1 to 400. . . .	"	3.00	No. 17.	1 to 1300. . . .	"	9.75
No. 9.	1 to 500. . . .	"	3.75	No. 18.	1 to 1400. . . .	"	10.50
No. 10.	1 to 600. . . .	"	4.50	No. 19.	1 to 1500. . . .	"	11.25
No. 11.	1 to 700. . . .	"	5.25	No. 20.	1 to 1600. . . .	"	12.00
No. 12.	1 to 800. . . .	"	6.00	No. 21.	1 to 1700. . . .	"	12.75
No. 13.	1 to 900. . . .	"	6.75	No. 22.	1 to 1800. . . .	"	13.50
No. 14.	1 to 1000. . . .	"	7.50	No. 23.	1 to 1900. . . .	"	14.25
No. 15.	1 to 1100. . . .	"	8.25	No. 24.	1 to 2000. . . .	"	15.00



No. 116
Vaulting Standard

SPALDING VAULTING AND JUMP STANDARDS

Substantially built and measurements are clearly and correctly marked.

No. **116.** Graduated in half inches, adjustable to 13 feet. Complete, **$18.00**

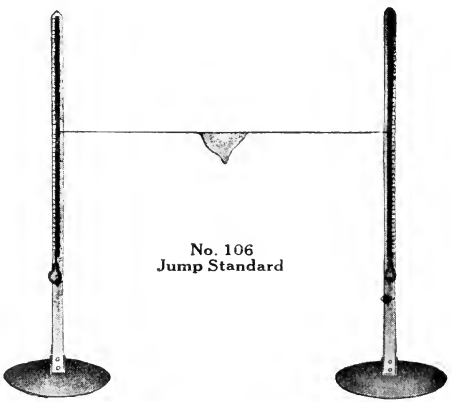
No. **106.** Inch graduations, 7 feet high. . . Complete, **$10.00**

Cross Bars

No. **212.** Officially correct. Hickory. . . Dozen, **$6.00**

No. **C.** Cord, with Weight Bags at either end, for use on Vaulting Standard. . Each, **$2.00**

We supply everything needed to fit out an athletic field in proper shape, in addition to everything needed by officials in charge. Write us about anything required which is not listed in this book. We are the "official outfitters" for all organized athletic bodies in the United States.



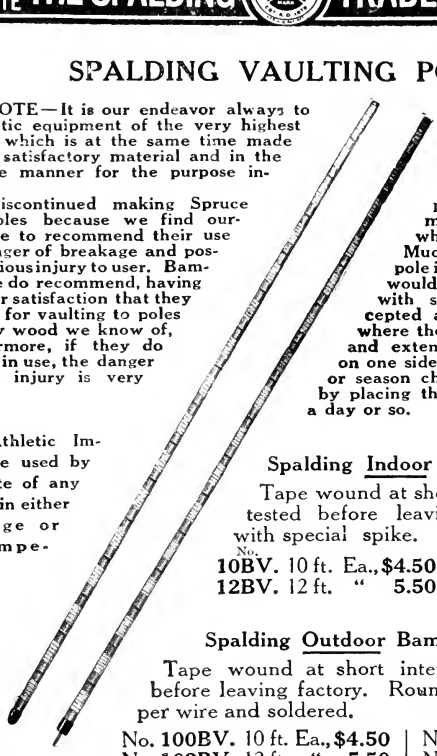
No. 106
Jump Standard

SPALDING VAULTING POLES

SPECIAL NOTE—It is our endeavor always to supply athletic equipment of the very highest quality, and which is at the same time made of the most satisfactory material and in the best possible manner for the purpose intended.

We have discontinued making Spruce Vaulting Poles because we find ourselves unable to recommend their use owing to danger of breakage and possibility of serious injury to user. Bamboo poles we do recommend, having proven to our satisfaction that they are superior for vaulting to poles made of any wood we know of, and, furthermore, if they do break while in use, the danger of personal injury is very remote.

Spalding Athletic Implements are used by every athlete of any prominence in either club, college or school competition.



Owing to differences in climatic conditions it is impossible to keep Bamboo Vaulting Poles from cracking. These cracks or season checks do not appreciably detract from the merits of the poles, except where they are continuous. Much of the real strength of the pole is in the joints. All of our tests would seem to prove that poles with season checks may be accepted as safe and durable, except where the season check is wide open and extends through several sections on one side. Very frequently such splits or season checks can be entirely closed by placing the pole in a damp place for a day or so.

Spalding Indoor Bamboo Vaulting Poles

Tape wound at short intervals. Thoroughly tested before leaving our factory. Fitted with special spike.

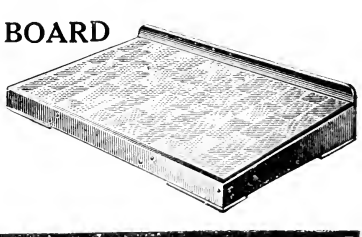
No.			No.		
10BV.	10 ft. Ea.,	**$4.50**	**14BV.**	14 ft. Ea.,	**$6.50**
12BV.	12 ft. "	**5.50**	**16BV.**	16 ft. "	**7.00**

Spalding Outdoor Bamboo Vaulting Poles

Tape wound at short intervals. Thoroughly tested before leaving factory. Rounded end wound with copper wire and soldered.

No. **100BV.**	10 ft. Ea.,	**$4.50**	No. **104BV.**	14 ft. Ea.,	**$6.50**
No. **102BV.**	12 ft. "	**5.50**	No. **106BV.**	16 ft. "	**7.00**

INDOOR POLE VAULTING BOARD



No. **117.** Made up of sectional blocks of wood placed on end so that spike of vaulting pole will not split them. Bound in by heavy wood frame.

Complete, **$16.00**

Toe Board

Take-Off Board

No. MS Sacks

No. 4

No. 111B Tape

No. S

No. A Steel Tape

No. S

No. 1

Spalding Take-off Board

The Take-off Board is used for the running broad jump, and is a necessary adjunct to the athletic field. Regulation size; painted white. . . . . Each, **$3.50**

Spalding Toe Board or Stop Board

Used when putting the 16-lb. shot, throwing weights and discus, and is curved on the arc of a 7-foot circle. Toe Board, regulation size, painted white and substantially made. . . . . Each, **$4.00**

Spalding Sector Flags

Used for marking the sector within which shot, hammer, discus, etc., must be thrown.

No. S. Spalding Sector Flags, metal. . . Each, **75c.**

Spalding Referees' Whistles

No. 7. Nickel-plated, heavy metal whistle. . Each, **35c**
No. 4. Horn Whistle, nickel-plated, heavy metal. " **75c**
No. 3. Nickel-plated, special deep tone. . . " **25c.**
No. 2. Very reliable. Popular design. . . " **25c.**

Spalding Foot Ball Officials' Whistles

No. 3W. Loudest and clearest whistle yet manufactured. Can be heard above crowd cheering in places as large as the Harvard Stadium or the Yale Bowl. Whistle is attached to wrist band of leather. . . . . Each, **$1.75**

Potato Race Equipment

Potatoes, official specifications. . . . Set of eight, **$2.50**
Receptacle for potato race. . . . . Each, **3.50**

Official Harness for Three-Legged Racing

Made according to official rules. Complete set of straps for fastening men, and with extra straps for keeping fastenings at required height in long distance races.

No. 1. Official Harness for Three-Legged Racing. Set, **$2.50**

Spalding Official Sacks for Sack Races

Strongly reinforced, will wear for a great length of time, and by their construction it is practically impossible for racers to work their feet free. These sacks are made in exact accordance with official regulations.

No. MS. Men's Sack, reinforced, 3 ft. wide. Each, **$1.50**

Spalding Official Batons for Relay Races

No. X. Hollow wood. Correct size, length and weight. Ea., **50c.**

Patent Steel Tape Chain on Patent Electric Reel—For Measuring Distances in Athletic Competitions

Superior steel about ¼ inch wide. The reel allows the entire tape open to dry and can be reeled and unreeled as easily as tapes in cases. Especially adapted to lay off courses and long measurements. Last foot only marked in inches.

No. 1B. 100 feet long. . . . . Each, **$5.00**
No. 11B. 200 feet long. . . . . " **7.50**

Official Athletic Steel Measuring Tape

No. 111B. 300 feet long; has etched markings throughout; feet, inches and eighths. Complete on reel, with convenient wood handle. . . . . Each, **$16.50**

Patent "Angle" Steel Measuring Tape

Especially adapted for laying off base ball diamonds, tennis courts and all kinds of athletic fields, both outdoors and indoors. Right angles accurately determined; also equally good for straight or any kind of measuring. Enclosed in hard leather case, flush handles with patent automatic handle opener; all mountings nickel-plated. Accuracy guaranteed.

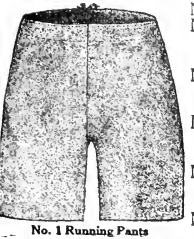
No. A. 50 ft. long, ⅝ in. wide. . . . . Each, **$4.00**
No. B. 100 ft. long, ⅝ in. wide. . . . . " **6.75**

Spalding Stop Watches

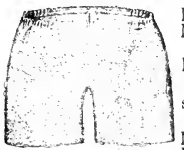
No. S. Combined Chronometer and Stop Watch. Keeps good time and in addition to regular hands has split second hand. A very satisfactory time-piece as well as a useful article for athletes. Supplied on special orders only. Each, **$15.00**

No. 1. Stem winder, nickel-plated case, porcelain dial registered to 60 seconds by 1-5 seconds, fly back engaging and disengaging mechanism. . . . . Each, **$7.50**

No. 10B



No. 1 Running Pants



No. 4F

No. WS

No. WH

SPALDING TIGHTS AND TRUNKS

STOCK SIZES: 24 to 42 inch waist. STOCK COLORS: Worsted knee and full tights and trunks, except where otherwise specified, Gray, White, Navy Blue, Maroon, and Black. Any other color on special orders, no extra charge. Cotton knee and full tights, except where otherwise specified, Bleached White, Navy Blue, Black, Maroon or Gray. Special orders in any color at no extra charge.

Spalding Knee Tights

No. 10B. Best quality worsted. Pr., **$2.50** ★ *$27.00 Doz.*
No. 604. Good quality worsted. " **1.75** ★ *18.90* "
No. 4B. Sanitary cotton. . . " **.50** ★ *5.40* "

Spalding Full Length Tights

No. 1A. Best worsted, full fashioned. Pair, **$5.00** ★ *$54.00 Doz.*
No. WA. Special wrestling full tights. Specially reinforced. Special orders only. . . . . Pair, **$6.00**
No. 605. Good quality worsted. Pr., **$3.00** ★ *$32.40 Doz.*
No. 3A. Cotton, full quality. White, Black, and Flesh. Pair, **$1.00** ★ *$10.80 Doz.*

Spalding Worsted Trunks

No. 10. Best quality worsted, belt loops. Regular stock colors and, on special orders, in any other color. Pair, **$2.75** ★ *$29.70 Doz.*
No. 2. Good worsted; in stock in Navy or Black. Pair, **$1.25** ★ *$13.50 Doz.*

Velvet Trunks

No. 3. Fine velvet. Black, Navy, Royal Blue, Maroon. Special colors to order, no extra charge. Pair, **$1.25** ★ *$13.50 Doz.*
No. 4. Sateen. Black, White. " **.50** ★ *5.40* "

Spalding Y. M. C. A. Trousers

No. 3. Flannel, good quality. . . . . Pair, **$3.00**
No. 4. Flannel. . . . . Pair, **$2.00** ★ *$21.60 Doz.*

White Duck Trousers

No. 3. Good quality. . . . . Pair, **$2.00**

Spalding Running Pants

STOCK SIZES: 22 to 42 inch waist, cut good and full in size. Specify size and color when ordering. Nos. 1, 2, 3, 4D and 4 are made with fly front and laced back.

No. 1. Special quality White or Black Sateen. . Pair, **$1.25** ★ *$13.50 Doz.*
No. 2. Good quality White or Black Sateen. . . " **1.00** ★ *$10.80* "
No. 3. White or Black Sateen. . . . . " **.85** ★ *9.18* "
No. 4D. White Drill. For indoor or Y.M.C.A. work. " **.75** ★ *8.10* "
No. 4F. Adjusting arrangement at sides. In White, Black, Gray Twill. Pr., **60c.**
No. 4C. College style, fly front, wide hips and short legs. No elastic. Made in White, Black or Gray Twill. . . . . Pair, **50c.**
No. 4. White, Black or Gray Twill. . . . . Pair, **50c.** ★ *$5.40 Doz.*
No. 6. White muslin. . . . . Pair, **35c.**
Silk Ribbon Stripes down sides of above running pants. Pr., extra, **25c.** ★ *$2.70 Doz.*
Silk Ribbon Stripe around waist of above running pants. " " **25c.** ★ *2.70* "

Boys' Knee Pants

No. 2B. Blue Flannel Y.M.C.A. Knee Pants, with stripe down side. Pair, **$2.50**
No. 14B. Quality as No. 4 Y.M.C.A., stripe down side. Pr., **$1.25** ★ *$13.50 Doz.*

Spalding Wrestling and Gymnasium Wear

Spalding Wrestling Supporter

No. WS. Mercerized silk elastic; strong and durable. . . . Each, **$2.00**

Spalding Special Pads for Wrestling

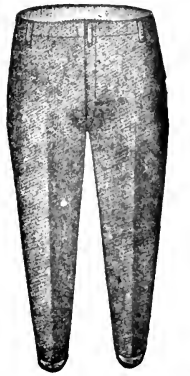
To be Sewn on Wrestling Tights

No. 62. Tan leather, padded. Pr., **50c.** No. 61. Cloth covered, padded. Pr., **25c.**

Spalding Wrestling Head Harness

No. WH. Always useful and sometimes indispensable. . . . Each, **$3.00**

No. 1



No. 3

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one-half dozen or more at one time. Quantity prices NOT allowed on items NOT marked with ★

Spalding Athletic Shirts

STOCK SIZES: 26 to 46 inch chest. STOCK COLORS: Worsted shirts, plain colors, except where otherwise specified, carried in stock in Gray, White, Navy Blue, and Black. Cotton shirts, plain colors, carried in stock in Bleached White, Navy Blue, Black, Maroon and Gray. SPECIAL ORDERS. All shirts listed on this page (except where noted), we furnish in any colors on special order, at no extra charge. No more than two colors in any striped garment.

No. 10E

Spalding Sleeveless Shirts

No. **10E.** Sleeveless. Best quality worsted. Each, **$2.50** ★ *$27.00 Doz.*
No. **600.** Worsted. . " **1.75** ★ *18.90* "
No. **700.** Sleeveless. Worsted. Light weight. Each, **$1.50** ★ *$16.20 Doz.*
No. **6E.** Sanitary cotton. " **.50** ★ *5.40* "
No. **600S.** Worsted. Six-inch stripe around chest, carried in stock in following combinations of colors: Navy with White stripe, Black with Orange stripe, Maroon with White stripe, Black with Red stripe, Gray with Cardinal stripe. Each, **$2.00** ★ *$21.60 Doz.* Special style striping supplied in No. 600S Shirts on special orders at no extra charge.
No. **700S.** Worsted, light weight. Six-inch stripe around chest. Color combinations as No. 600S. Special order only. . . Each, **$1.75** ★ *$18.90 Doz.*
No. **6ES.** Sanitary cotton, solid color body, with six-inch stripe around chest, in same combinations of colors as No. 600S. . . Each, **75c.** ★ *$8.10 Doz.*

No. 600S

Spalding Quarter Sleeve Shirts

No. **601.** Worsted. . Each, **$2.00** ★ *$21.60 Doz.*
No. **6F.** Sanitary cotton. " **.50** ★ *5.40* "

Spalding Rowing Shirt

No. **YR.** Sanitary cotton. Quarter sleeve. Supplied in White with any color silk binding around neck and sleeves and down front. On special order only. Each, **$1.25** ★ *$13.50 Doz.*

No. 600D

Spalding Athletic Shirts

No. **600D.** Worsted, sleeveless, with woven sash of any color. Special orders only, not carried in stock. One only, Each, **$3.00.** Two or more, Each, **$2.50**
No. **6WD.** Sanitary cotton, sleeveless, with woven sash. Navy with White sash, Black with Orange sash, Maroon with White sash, Black with Red sash, Gray with Cardinal sash. Special orders only, not carried in stock. . - . Each, **$1.25** ★ *$13.50 Doz.*
No. **6ED.** Sanitary cotton, sleeveless, solid color body, with sash stitched on. Same combinations of colors as No. 6WD. . . Each, **75c.** ★ *$8.10 Doz.*
No. **600V.** Worsted, sleeveless, V-neck. Special orders only, any color. Each, **$1.75** ★ *$18.90 Doz.*

No. 600V

No. **600NV.** Same as No. 600V, but any two colors striping around neck. Special orders only. . . . . Each, **$2.50** ★ *$27.00 Doz.*
No. **600N.** Same as No. 600NV, but round instead of V-neck. Special orders only. Each, **$2.50** ★ *$27.00 Doz.*

Woven Necklace on Shirts

Nos. 600, 601 or 600S Shirts, special orders only, with necklace stitched on of different color to body of shirt, extra charge of **$1.00** per garment.

Spalding Leotards

Not Carried in Stock.

On special orders only and in any color. For Gymnasium Use, Acrobatic Work, etc.

Leotards are supplied with or without legs, and equipped if required with bib or dickie. Mention color for dickie when ordering.

No. **1L.** Combining athletic shirt and trunks. Made of best quality worsted. . Each, **$5.00**
No. **10L.** Good quality worsted. " **4.00**
No. **12L.** Worsted. . . . . " **3.00**

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one-half dozen or more at one time.

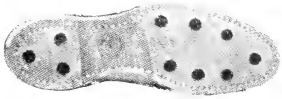
ACCEPT NO SUBSTITUTE **THE SPALDING TRADE-MARK** GUARANTEES QUALITY

SPALDING BASKET BALL SHOES

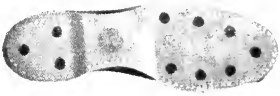
No. AB

No. **AB.** High cut, drab leather, Bluch cut; heavy red rubber suction soles, superior quality. Pair, **$6.00**

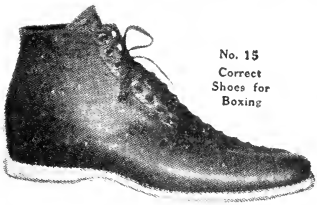
No. BBL



No. **BBL.** Women's. High cut, light; black leather, good quality red rubber suction soles. Pair, **$5.00**



SPALDING GYMNASIUM SHOES



No. 15
Correct Shoes for Boxing

No. **15.** High cut, kangaroo uppers, genuine elkskin soles. Will not slip on floor; extra light. The correct shoes to wear for boxing. Pair, **$6.00**

No. **155.** High cut, elkskin soles, and will not slip on floor; soft and flexible. Pair, **$5.00**

No. 155

No. 166

No. **166.** Low cut, selected leather, extra light and electric soles, men's sizes only. Pair, **$4.00**

No. **66L.** Women's. Low cut, extra light, selected leather uppers. Electric soles. Pair, **$4.00**

No. 66L

No. 21

No. **21.** High cut, black leather, electric soles. Sewed and turned, which makes shoes extremely light and flexible. Pair, **$3.25**

No. **20.** Low cut. Otherwise as No. 21. Sewed and turned shoes. Pair, **$2.50**

No. **20L.** Women's. Otherwise as No. 20. Sewed and turned shoes. Pair, **$2.50**

No. 20

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect July 5, 1916. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

SPALDING OFFICIAL BASKET BALL

Cover is made in four sections, with capless ends and of finest and most carefully selected pebble grain leather, special tanned. Extra heavy bladder, made especially for this ball, of extra quality pure Para rubber (not compounded). Each ball packed complete, in sealed box, with rawhide lace and lacing needle, and guaranteed perfect in every detail.

No. M. Spalding Official Basket Ball. Each, $8.50

WE GUARANTEE this ball to be perfect in material and workmanship and correct in shape and size when inspected at our factory. If any defect is discovered during the first game in which it is used, or during the first day's practice use, and, if returned at once, we will replace same under this guarantee. We do not guarantee against ordinary wear nor against defect in shape or size that is not discovered immediately after the first day's use. Owing to the superb quality of our No. M Basket Ball, our customers have grown to expect a season's use of one ball, and at times make unreasonable claims under our guarantee, which we will not allow.

A. G. SPALDING & BROS.

STANDARD QUALITY

An article that is universally given the appellation *"Standard"* is thereby conceded to be the Criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit **of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is *guaranteed* by the Government Stamp thereon.** As a protection to the users of this currency against counterfeiting and **other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.**

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for forty years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect, must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis of a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.

A. G. Spalding & Bros.

STANDARD POLICY

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Merchandising Policy, it is impossible for a Manufacturer to maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must promote a profit for the jobber, and for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to frighten the prospective jobber and retailer, these high list prices are absolutely essential; but their real purpose is lost sight of when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not for the consumer, who does not even realize or get ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their many trading discounts, the retailer begins to realize his responsibilities, and grapples with the situation as best he can by cutting the "discounts," which vary with local trade conditions.

Under this system of merchandising the profits to both the manufacturer and the retailer cannot be made to no stability maintained in the prices to the consumer, the keen competition amongst rival dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically wiped out.

This demoralization always reacts on the manufacturer. The jobber insists on lower and still lower prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only means left to him, namely, the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that, [illegible] A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Sporting Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

FIRST.—The user is assured of genuine Official Standard Athletic Goods.

SECOND.—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of [illegible] and thus enable us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are required to [illegible] prices—neither more nor less—[illegible] prices. Owing to [illegible] their prices.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated [illegible] discriminations are allowed to anyone.

This, briefly, is the "Spalding Policy," which has been in successful operation for the past [illegible] years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

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